

Jiditzed by Illinois College of Optometry Library

Origin Red by Hinois College of Optometry Library

Illinois College of Optometry Library 3241 South Michigan Avenue Chicago, IL 60616 312-949-7160 Digitized by Hinois College of Optometry Library



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

January 14, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out January 28, 2005, and the submission deadline is January 26.



CAMPUSNEWS

New Years Resolution

Dr. Lesher

Fire/Safety Hazard

New Years is a time for making resolutions to improve. With that spirit in mind, I need to propose some "New Year's resolutions" related to test taking etiquette here at ICO. We currently do pretty well at respecting our classmates/colleagues by leaving the testing area as quietly as

possible, especially holding the doors so th don't slam. But we also need to respect each others safety. We cannot continue to pile books, bags, coats, in the doorways of the lecture room. This is a fire/safety hazard. We are all at risk in this situation, and that risk must be minimized. All we ask is that you bring only what you need to the test area, and leave whatever you bring into the test at the front of the lecture rooms (on the stage or behind the railing in 1200, and in the very front under the "whiteboards" in 1201-1202). With your cooperation, we will not have to force everyone to leave all stuff" outside the lecture center. your Thanks for understanding cooperation. I hope that this will be a satisfactory solution to the fire/safety issue without totally restricting what you can bring with you to the test centers.

This bright new year is given me
To live each day with zest ...
To daily grow and try to be
My highest and my best

I have the opportunity once more to right some wrongs,

To pray for peace, to plant a tree,

And sing more joyful songs!

- William Arthur Ward

Wishing you all a Happy, Healthy and Safe 2005

Student access to theview. ico.edu

The User ID for login to the portal is your student id number. The default login

password will be the first 3 characters of your social security number (social insurance number if you are Canadian), 2 digits for month of birth and 2 characters for significant year of birth. This default will be used if you need a password reset to access theview.ico.edu.

You may elect to change the password on your account by clicking on the Change Password link. While this link will let you enter more than 8 characters, only the first 8 are stored as the password.

As a security precaution, the system has a limit on the number of invalid login attempts. 10 failed logins will result in a hold of 30 minutes on the account. During this

time, you will be denied access to the system. If there is a pressing need to get access during this time, you may contact the Help Desk at extension 7500.

Please note that an on-line version of the Focal Point is available under the Campus Resources link.

Security New Phone Procedure

In the past some calls placed to the security office have gone unanswered. Security has implemented a new phone system. Now when a call is placed to the security office and not answered after four rings it is automatically forwarded to the security cell phone.

Officers have been instructed to take the cell phone with them whenever both officers are needed to handle a security issue. This new procedure should eliminate any missed calls.

Free Antivirus Software

Ahmed Mohammad

If your computer doesn't already have an antivirus software then here is some information on a software that you can download on your personal computer for free.

Avast Home Edition is a free antivirus software for home, non-commercial use. It scans for viruses, worms, and Trojan horses. Avast scans on demand - with skinnable simple interface, during boot time, and on access. It protects e-mail, instant messengers, and P2P clients. True incremental updates (well under 100KB) based on IAVS technology update virus definition at least twice a week.

Version 4.5.523 noudes a new Network Shield, improved e-mail, P2P, and IM protection, archive operation, and it's available now in English, French, German, Italian Japanese, Polish, Portuguese, Russian, and Spanish.

Note: Users need to register at the developer's site to obtain the free license key.

To download: Go to this URL address. http://www.download.com/Avast-Home-Edition/3000-2239 4-10337351.html?tag=lst-0-1

Private Practice Club

The Private Practice Club is having Dr. Katouff speak on Thursday, Jan. 20th at 6:30 p.m. in room 1200. He will be giving a *NEW* speech on Consulting: Start-to-Finish. Food and refreshments will be provided.

Student Association Blood Drive

If your New Year's Resolution was to help others then here's your chance! On Friday, January 21st from 11:00 a.m. – 3:00 p.m. the Student Association and the American Red Cross will be hosting their Winter Blood Drive. We are asking for donations from staff, faculty and students. All walk-ins are welcome. Any questions ask Jaime King at box 553.

AOSA Thanks

Breaning Paul, AOSA Trustee-Elect,

2004 Sustaining Members

behalf of the American Optometric student Association (AOSA), we would like to thank the following ICO faculty members for their continued support of AOSA. We truly appreciate their willingness and dedication to our organization.

John Baker, OD
Sandra Block, OD
Brian Caden, OD
David Castells, OD
Kelly Frantz, OD
Geoffrey Goodfellow, OD
Valerie Kattouf, OD
Gary Lesher, PhD
Leonard Messner, OD
Joan Sears, OD
Bruce Teitelbaum, OD
Ruth Trachimowicz, OD

Dean's List

The following full-time students achieved superior academic performance during the Fall, 2004 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

> Adamo, Treacy Alchriti, Manal Alibhai, Sofiya Ambeault, Megan Anand, Pooja Anand, Radha Anderson, Nicholas Arrott, Brook Asano, Kaori Austin, Laura A. Awan, Zainab R. Baker, Joshua C. Barnabei, Elizabeth Barondes, Jennifer Bartels, Amber E. Baumfalk, Ramona Bayard, Melissa H. Beigiert, Loretta Betterly, Sara R. of Optomet Beyer, Timothy M. Birnbaum, Suzanne Boderman, Cindi S. Bodker, Aliisa A. Bolinger, Melanie Boucher, Kelly A. Brafman, Shana B. Brewer, Icem E. Brookshire, Barbra Broschak, Mathew Brown, Marvin Wo Budahn, Michael Bui, Wendy U. Burke, Robert E. Bush, Eileen M. Butcko, Victoria Camen, Jesse Ann Cannon, Kristin K. Carlson, Tammi L.

Carter, Anthony B.

Charo, Kathleen T.

Chaudhery, Shmyla

Charoenchote, Wanwalee

Chan, Sheryl N.

Choi, Albert

OiOiii2ed by



Choi, Jamie H. Chu, Angela Chu. Elizabeth F. Cleveland, harlene Colander, Brian M. Corgiat, Elise M. Corl, Timothy R. Coscione, Luciana M. Crown, Jennifer R. DeAngelis, Christopher S. Della Vedova, Nathaniel DiPonio-Tulchinsky, Sarah Dimarco, Regina M. Dokken, Seth A. Doyle, Nicholas R. Draper, Megan M. Drosis, Tanya Duong, Nghi U. Dzik, Jeffrey D. Elston, Phillip R. Engesser, Brian D. Erickson, Kendra D. Eschmann, Alan P. Evers, Reeve R. Fazelian, Mary J. Feldman, Kristie A. Fischer, Londa L. Fisher, Michael B. Galbrecht, Diane M. Gandhi, Vandana K. Goel, Puja S. Gonzalez, Rosemary A. Gooding, Cheryl L. Goss, Kimberlev D. Grinman, Yevgeny Grostick, Darcy L. Habib, Roger Hanno, Elizabeth K. Hapner, Evan D. Hag, Almas F. Harapiak, Alison Harberts, Brent S. Harthan, Jennifer S. Harvey, Andrew M. Harvey, Mariah I. Havens, Erin E. Haws, Kayle L. Heineman, Brooke J. Hennelly, Colleen P. Herman, Tate M. Hileman, William S.

Hobbs, Amanda M.

Hoeft, Emmylou T. Hunter, Lyndsay J. Hutchins, Rachel A. Hwang, Grace J. Johar, Navpreet Jones, Jordan P. Jones, Kevin R. Jones, Matthew R. Jordan, Kristina R. Joshi, Hemali H. Kapelnik, Boris Kart, Alisa Kaur, Bimal Kawaguchi, Tricia S. Kechker, Tanya Keene, Jennifer J. Keller, Alana L. Khan, Nadia K. Khan, Saira N. Kim, Sung Y. Kim, Yoomi King, Jaime L. Kleva, Julie Kljajich, Juliana Ko, Anita M. Kolodziejczyk, Jennifer Kremer, Kara S. Kubicki, Leon F. LaBrosse, Deana R. Tiege of Optor LaPlaca, Theresa M. Larson, Tamra L. Le, Tam T. Leadingham, John C. Lee, Joo W. Lee, Lina Lenz, Thomas J. Lieu, Megan M. Lindemulder, Janna F. Lloyd, Crystal G. Lloyd, Emily A. Lock, Jenessa A Luker, Lindsay A Lynch, Todd & Markowitz Michelle Marlowe, Megan G. Martin David Mathes, Marcie J. McLeod, Heather M. Meeks, Justin J. Metcalfe, Trudy L. Michalik, Emily S.

Mikula, Magdalena A.

Mobini, Parisa Modi, Khyati M. Mohamed, Rezah Moir, Allison Mokaya, Elizabeth S. Morrissey, Colleen M. Mus. Danny Narbone, Katherine M. Needham, Andrea M. Neighbors, Jeffrey J. Nelson, Johanna M. Nguyen, Duong D. Nauven, Emily T. Nguyen, Mindy C. Nguyen, Phuong N. Nauven, Tony N. O'Neill, John J. Paik, Andrew M. Park, Jin H. Patel, Rachana S. Patel, Shreya N. Patel, Sonal R. Penney, Rachek L. Perry, William D. Petraitis, Meagan J. Pietig, Toda R. Plug, Jennifer L. Pozza, Kimberly A. rasad, Hansini Prawdzik, Karyn B. Prettyman, Jessica L. Pruitt, Joseph A. Raguindin, Liezl N. Ramos, Priscilla L. Ratnasingam, Umashanker Reynolds, Tonya M. Rieman, Megan J. Ritter, Heather A. Robinson, Gillian M. Rogoza, Krista B. Saeed, Faheemah A. Sanders, Elizabeth A Sanford, Sue Ann Santoyo, Alia Schofield, Amanda J. Sera, Nina J. Sierszulski, Monica B. Sirithavee, Tanapol

Sivertson, Courtney R.

Skluzacek, Kristin M.

Smith, Barbara M.

Smith, Kimberly D.



Smith, Stefan M. Sollom, Joel D. Sommer, Jennifer L. Soriano, Catherine F. Sparing, Callie E. Stearns, Jeanette Strombeck, Tracey J. Szafranski, Alison F. Tedder, Taylor D. Thompson, Michaela J. Tomlin, Samantha P. Tran, Susan T. Tremayne, Gary R. Truong, Chau N. Tsang, Timothy H. Tung, Sherman G. Van Vark, Michelle D. VanDeWyngaerde, Tara N. Vandendool, Andrea J. Veatch, Ryan D. Veire, Evan J. Vergin, Jacob B. Vien, Lee Q. Vincelli, Nicholas C. Warren, Elizabeth A. Waters, Tilena B. Wei, Jolyn Weibert, Julie M. Whitcomb, Sara R. Wilkinson, David A. Willis, Chad E. Witzenburg, Eric N. Wong, Vanessa Woo, Andrea C. Wright, Carrie C. Yarzak, Ellen R. Young, Heather I Zaker, Joseph F

poster authored by Doctors T. Brandoniso, D. Castells, S. Unger, and J. Palloch entitled "Intra-Examiner Reliability of Cup to Disc Measurement in Biomicroscopic Indirect Ophthalmoscopy Utilizing the 90 Diopter Versus 78 Diopter Fundus Lens." Please direct all questions to any of the authors.

MP3 files:

Because we have had some technical difficulties with uploading the MP3 lecture files, the library is investigating other options. Stay tuned for improvements. You may listen to or download the audio files from http://lectures.ico.edu. If you are outside the College, go to the external library website, http://library.ico.edu, click on Websites, and click on lectures. That link is pointing to the IP address for the outside link. Remember, these lectures are the intellectual property of the Illinois College of Optometry and the faculty member to not share them with non ICO students of post them to the internet! For the rest of this academic year, the library will continue to record 60 minute audiocassette tapes also. Copies of those tapes will still be available from the 2nd floor Media Circulation esk. Here are the instructions:

Open up an internet browser like Internet Explorer.

Enter the address http://lectures.ico.edu or <a href="http

Click on NetStorage in the left column.

Click on Open NetStorage in the yellow box. Answer Yes to the Certificate Security Alert. Login with your Novell login (Student ID).

Open Lectures folder.

Open the class year folder.

Find the folder for the class that you are interested in and click on it.

Double click on the mp3 file that you would like to listen to or download. (With the library computers you should be able to use the headphone jack in the bottom front of the new computers. Play the mp3 file with Quicktime. There are some issues with Windows Media Player that the IS dept is working on). You will probably need a USB flash drive to save the

Spotlight on the Library
by Kathryn Johnston
Information Systems Librarian

Zolotova, Marina X

Library Hours: The library will be closed on Monday, January 17, 2005 for the Martin Luther King Holiday. There will be regular hours before and after Monday.

On display in the library lobby is an Academy





files or save them to a CD-R because the files are large, 33-51Meg.

When finished, please do not forget to logout of NetStorage and close the browser.

If you have any trouble listening to the lectures, please contact the Library for assistance.

New Books

The Library has some interesting new books for the new year. Faculty—save money on your taxes! Check out the *Tax & (financial guide for college teachers and other college personnel*, KF6369.8.E3 T37 2005.

The Library now owns the new edition of Spalton's *Atlas of Clinical Ophthalmology*. The four new copies are on reserve. We also have the Spalton CD-ROM which includes illustrations from the text which can be used in PowerPoint presentations and in student papers.

The Library also has received updated editions of the American Academy of Ophthalmology's Basic and Clinical Science Course. The new books include Refractive Surgery, Glaucoma, Retina and Vitreous, Lens and Cataract, Intraocular Inflammation and Uveitis, Orbit, Eyelids and Lacrimal System, Ophthalmic Pathology and Intraocular Tumors, and External Disease and Cornea. They are shelved together under RE46.A6 2004.

Other books include:

Diseases of the Ocular Fundus, by Kanski. RE545.K36 2005

Cosmetic and Clinical Applications of Botulinum Toxin, by William J. Lipham. RL120.B66 L55 2004

Primary Retinal Detachment, RE603 .P75

The Sankara Nethralaya Atlas of Fundus Fluorescein Angiography, RE79 .A5S26 2004 Binocular Rivalry, QP487.5 .B567 2005

Cornea, 2nd ed., by Krachmer, Mannis, and Holland, RE336.K68 2004

Immunology of Behcet's Disease, RC122.B4
146 2003

The Library has added about 16 more online journals to our collection. Many are available only on campus through the Library's internal website, at http://icolibrary/library.htm. Other journals require a user name and password, but are then accessible anywhere in the world. There is an html file of the login names and passwords on the full text sources page in the Electronic Journals Notice paragraph (click here).

We hope you enjoy the Martin Luther Day King holiday and we look forward to seeing you in the Library!

Oh Baby, Baby, and Baby!

This was a busy weekend for some of our CD family members. On Friday, January 7, Dr. Colip and his wife Jan had Amanda Rose at 12:42 p.m. She weighed in at 7lbs. 14 oz. On Saturday, January 8, at 12:34 a.m., Dr. Renee Reeder and her husband Ray Helms had Rachel Elizabeth. She weighed 6lbs. 6oz. And on Sunday, January 9, at 1:02 a.m., student Joel Sollom and his wife Mindy had Ella Rose. She weighed 6lbs. 15oz. All the proud papas, mamas and babies are doing fine.

Attention Fourth Year Students – Commencement Announcements

Commencement
announcements will be
personalized with your name
and degree printed into the text of
the announcement along with the time, date
and place of the ceremony. Information from
C-B Announcements LLC will be placed in
your mailboxes explaining all package and
payment options.

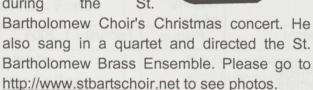
Commencement Information

Commencement Capstone Program – will take place on Wed., May 18, 2005. Commencement rehearsal will also take place on Wed., May 18 in Rockefeller Chapel on the University of Chicago campus. Time and details to be announced.

Commencement for the Class of 2005 will be held on Sat., May 21, 2005 at 11a.m. in Rockefeller Chapel.

Of Tenors & Trumpets

Dr. Dominick Maino sang tenor and played trumpet during the St.



Weather Hotline

Call 312-949-SNOW (7669) to find out if school is closing because of weather.



CLASSIFIEDS

Workstudy

Dr. Lesher is looking for a 1st or 2nd year student who has some lab experience (previous work in a chem lab, biochem, lab, etc) to assist him with studies of the use of contact lenses as drug delivery devices. The time requirement is at least one full afternoon (or one full morning) per week, with more time

possible depending on schedules. Work will include set up and clean up for in vitro experiments using CL's as drug delivery devices, as well as analytic preparation of numerous chemical solutions and there spectrophotometric (UV/Vis) analysis. Qualified and interested students should contact Dr. Lesher at x7175 (or by email glesher@ico.edu) to set up an interview.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Information about the following residency programs is now available in the residency file in the Student Affairs office:

Brochure from Michigan College of Optometry

Includes information on the following programs:

Octuar Disease Residency at the Battle Creek

Medical Center

Ocular Disease Residency at TLC Eye Care of Michigan

Ocular Disease/Primary Care Residency at VA Northern Inidian Helath Care System Fort Wayne Campus

Cornea and Contact Lens Residency at Michigan College of Optometry

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Soroptimist International of the Americas Midwest Region: Virginia M. Wagner Award Project	 Women in Midwest region Attending college or university working towards a bachelors, masters or doctoral degree 	Starts at \$500 and region al winner is \$1500	January 17, 2005 Willye Tillman 5000 South Cornell Ave. #8D Chicago, IL 60615 773-667-7788 www.soroptimist.org
Alcon 4 th Year Optometry Student 2005 Scholarship Award -Case Study	 4th Year Optometry Student Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
Optometric Physicians of Washington	 4th Year OPW student member Professional leadership, academic achievement and public concern 	Plaque	February 1, 2005
American Optometric Association Student Leadership Award	 Third year student Leadership role One page curriculum vita Statement about leadership role Statement reflecting on leadership experience (%35) 	\$1,000	Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	 Electronic -Essay 1500 words 3rd and 4th years 	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document
Chicago Area Schweitzer Fellows Program	Health professions, Graduate degree in Chicago Area degree in Chicag	\$2,000 stipend	Applications received by Friday, Feb 4, 2005 to The Chicago Area Schweitzer Fellows Program c/o Health ad Medicine Policy Research Group 29 E. Madison Street, Ste 602, Chicago, IL 60602 http://www.hmprg.org/schindex.html kristin.hmprg.org
Varilux Student Grant Award Program	 Third and Fourth Year Students Case report – maximum length 2000 words 	\$1,000	Papers to Student Affairs Office by March 1, 2005

AOSA – Vistakon Travel Grant Essay Contest Look under AOSA	 500 word maximum essay on how to improve the profession Student in good academic standing 	2/\$500 Travel Grants	Papers due March 1, 2005 to Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Graduate level in a "helping profession" Domicility in the greater Chicago metropolitan area 	\$500,000 funds available	March 1 st , 2005- to apply – www.jvschicago.org
AOA Patrick Everet Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	 Third year member with AOSA and AOA Good academic standing Submit resume Paper less than 1500 words 	\$3,000	March 15, 2005 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.
The 2005 Dr. Seymour Galina Grant Look under Galina	 Third year student – class of 2006 in good standing in AOSA Paper not to exceed 1500 words on specific subject 	\$2,500	Papers due to Student Affairs Office April 15, 2005
Hawaii Optometric Association Scholarship	 Hawaii resident 3 - 250 word statements answering questions 	\$1,000	April 15, 2005

The Student Affairs Office has more information, so stop by a check it out.

FITNESS CORNER

Weight Watchers at Work

Illinois College of Optometry is pleased to offer a FREE ORGANIZATION MEETING for Weight Watchers Work. The meeting will be held on Monday, January 24 from 12:30 – 1:30 pm in the Low Vision Conference Room. For more information contact Shelby at X7460.

Massage Therapy

Does your new year's resolution workout nave you feeling sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is oncampus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, January 26 and Wednesday, February 9.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46. Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the

following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Deep Breathing for Improved Relaxation

You have probably heard by now the importance of relaxation in this fact-paced world. The next time you pause to take deep breaths and slowly count to ten, observe whether you can actually feel your heart rate slow down. Functions like heart rate and blood pressure are regulated by the autonomic nervous system. According to an article published in the Undian Journal of Medical Research, people who consistently practice slow, deep breathing can improve the efficiency of the autonomic system.

This information is provided by IDEA Fitness Journal.

OCAOS presents

Proudly@anadian Luncheon eh!

AOSA/AOA Destination Dallas

Friday June 24th, 2005 11:30 – 1:30pm \$15US/ \$25 CDN

Want to know more about the current issues facing optometry in Canada? Thinking about writing the Canadian Optometry Board Exam? Want to meet your fellow Canadian Optometrist and Optometry Students? For more information, please email CAOS4US@hotmail.com or visit us at http://www.optometry.uwaterloo.ca/~caos/caos.htm



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

January 28, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out February 11, 2005, and the submission deadline is February 9.



CAMPUSNEWS

Practice Opportunities Symposium

Friday, March 4, 2005

Each vear ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry students upon graduation. It is a great day for students, ICO alumni and area optometrists to visit, learn, share information and network with others in the profession. This year, for the presentation portion of the symposium, the panel will consist of ICO alumni and the topic will be "Starting Cold" vs. "Associate (Phase-X In) Practice". After the presentations there will be a Fair, in the gym, which will provide a unique opportunity for all organizations, corporations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. ICO's Practice Opportunities eighth annual Symposium will be bed on Friday, March 4, 2005, starting at 1000 in the Lecture Center, with the Fair following the lecture and concluding with a Pizza Party sponsored by ICO's Alumni Council. A key to ICO's longewity has been the ability to remain at the forefront of evolving conditions in the teaching and practice of optometry and the Practice Sportunities Symposium assists in this ongoing endeavor. If you should have any questions please see Lynn Petrica in Student Affairs.

Attention Graduates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs by March 7th.

2005 – 2006 RC Room Assignments

If you are interested in living in the RC for the 2005-2006 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from Friday, January 28th at 9am until Friday, February 18th at 4pm. Those who sign up will be informed of their preliminary room assignment in the first few weeks of Spring quarter.

Please contact Tammi Carlson (x7809), Amanda Hobbs (x7806) or Sharon Uher (x7405) with any questions or concerns.

NOSA News

Jason Blowe, NOSA President

Ski Trip Thank You

On behalf of the National Optometric Student Association, I would like to thank everyone who traveled to Wisconsin with us for Ski Trip

o dille

2005. We had tons of fun and the survey results will help us a lot. I would also like to thank Cerella Wade for planning such a terrific trip!!! We hope to see you next year for an even bigger and better Ski Trip 2006!

NOSA Dinner for Two

NOSA will be raffling two \$50.00 gift cards valid at any Lettuce Entertain You Restaurant. That's over 30 restaurants in the



Chicago area! See the NOSA board or log onto www.lettucentertainyou.com for a listing and description of the restaurants. Tickets are \$3 for 1 or \$5 for 2. The winners will be announced on February 7th, just in time for Valentine's Day! See any NOSA member for tickets.

Two Congratulations

Anthony Carter was awarded the Dr. Myers Trust Scholarship through Wells Fargo Bank.

Al Licup was elected to be the new National AOSA President. His term lasts for one year.

International Opportunities

International Service Learning (ISL) is sending medical teams to Costa Rica and Nicaragua, May 14 -27 and Tanzania, Aug 2-26. Students receive supervised hands-on experience, seminars, and financial sponsorships. For additional references and information, please contact their web site at www.ISLonline.org. or call 816-322 9305.

William C. Ezell Fellowship

Since 1949 the American Optometric
Foundation has awarded more than 200
Fellowships to students pursuing graduate
studies. Six or more fellowships are available.
Awards are currently authorized in amounts
up to \$8,000 for those entering or continuing a
full-time program of study and training in
research. New and renewal applications,
including associated materials, are due at the
AOF office by March 15, 2005. Application

forms can be downloaded from our website at www.aaoptom.org or found in Student Affairs under AOF – William Ezell Fellowship.

Summer Research Training Program

NEWENCO

The New England College of Optometry is extending an invitation to qualified students from ICO to apply to their Summer Research Training Program. This program is designed to develop or enhance research training opportunities for individuals interested in careers in biomedical and behavioral research of relevance to optometry.

The program will run from June 1 – August 31. Special arrangements can be made with the approval of the mentor and the program director. The stipend for this year will be \$5,139.00. A second summer is possible, allowing for the completion of a substantial research project.

The application form and other materials are due by March 1, 2005. For more information and application form look in the side rack in the Student Affairs Office.

The SUNY, State College of Optometry has a summer research program supported by the National Eye Institute. The program is designed to help avoid a future shortage of clinician investigators by attracting health professional students into clinical and health-related research as a career. Optometry students who participate in the program receive an NEI Pre-doctoral Research Fellowship in the amount of \$3,437 for 10 weeks during the summer. This year the dates are June 6 – August 12.

The six fellowship slots are open to students in first or second years. More information can be found in the Student Affairs Office by the rack next to the scholarship drawer or call 212-780-5132, Dr. Ken Ciuffreda, the Program Director.

HelpDesk Hot Hints

Ahmed Mohammad HelpDesk Coordinator

New Horizons Business/ Office Professionals Tips



When you work with a large Excel worksheet, it's often difficult to remember what

kind of data is in your columns and rows once you begin scrolling around the sheet and lose sight of the column and row headings. Fortunately, you can freeze rows and columns that contain headings so you know data you're looking at. To freeze a row, select the row number or the cell in column A that's immediately beneath the last row you want frozen. Then, select Window | Freeze Panes from the menu bar. Excel inserts a thin line to show you where the frozen pane begins. To freeze a column, select the column letter or the cell in row 1 that's immediately to the right of the last column you want frozen. To freeze horizontal and vertical areas simultaneously, select the cell that's in the upper-left corner of the range you want to remain scrollable and then invoke the Freeze Panes feature. If you later want to make all regions scrollable again, simply select Window | Unfree Panes from the menu bar.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

On display in the Library to by is an Academy poster authored by Ir E. Gable entitled "Vision of Hope Health Alliance: Addressing Both Ocular and Systemic Healthcare Needs of the Underserved." Please direct all questions to the author.

United States and Illinois tax forms and instruction booklets are available in the Library. The Library also has CD-ROMs that may be checked out for a week from both the federal and Illinois IRS that include all the tax

forms used by that government. Tax instructions and forms also are available online at http://www.irs.gov for United States federal resources and http://www.revenue.state.il.us/ for Illinois. Illinois allows free electronic filing via the internet. You use their website and do not need to buy tax software. The United States IRS also has free tax software and efiling available through their website as well. The Library has a laptop computer that students may check out for 24 hours.

Electronic Journals:

In December, 2004, the Library provided electronic access to 86 full text sources from the internal library website, http://icolibrary/library.htm. Today you have access to 111 full text sources, a 30% increase. 90 titles are click and go, and 21 titles require you to enter a user name and ID. In the opening paragraph of the full text sources web page, there is a "click here" link that lists the actual user ID and password for those 21 titles.

The electronic version of the PDR (*Physicians' Desk Reference*) also links from this page. AtoZ, HighWire, FirstSearch and ESSCOHost also have full text sources for hundreds of other titles.

The library will be updating PubMed's linkout service so that if you access PubMed via the Library website (either the internal or external library website), you can get full text access to the 111 titles if you are inside the College firewall. If you are outside the College, the button will let you know that it is available as full text (when you get back on campus).

Externs

Fourth year students have special Library privileges while they are off-campus at externship sites more than 50 miles away. The Library staff will mail any books requested to the externship site, and also will email, fax, or mail any articles that may be needed. The Librarians will search VisionCite for externs as well, or you can request your

user id and pin so that you can do your own searching while off campus. Students with their user id and pin also can renew their own library books, although the Library staff also can renew library materials over the telephone or via email.

Fitness Videos

The Fitness Center donated a variety of fitness videos to the Library. They can be checked out for a week, and may be used at home or in the Fitness Center. Here is a sampling:

Lotte Berk Method Yogilates Winsor Pilates Tighter Assets: Cardioblast

Red Hot Salsa Made Simple

Taebo

Shaping Up With Weights for Dummies

Yoga Mama Crunch

Leisa Hart's Fit Mama Prenatal Workout

The Library will hold a used book sale on Tuesday, February 1. These books are either older editions no longer needed by the Library, or donated books that the Library does not need for its collection.

February is Black History Month

To celebrate, our good neighbors, IIT, have invited us to view the Art Exhibit that will be on display the entire month of February at the Herman Union Building, just three blocks to the West of our campus

Take a short walk during rebruary to experience this exhibit. A great way to spend a lunch hour. Admission is free.

Lockers Reminder

Attention Fourth Year Students Leaving ICO for Off Campus Externships in Spring

Please take the responsibility of removing your betagings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in

the Student Affairs Office (x7401) which locker you are vacating.

Attention Fourth Year Students Arriving On-Campus from Off-Campus Externships

If you are in need of a locker, please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Weather Hotline

Call 312-949-SNOW (7669) to find out if school is closing because of weather.



CLASSIFIEDS

Workstudy

Dependable workstudy needed to perform visual field testing Monday morning, Tuesday morning, Tuesday afternoon, Wednesday afternoon. Please contact Mary Rutherford by phone at ex 7222 on stop in Advanced Care.

Physical Diagnosis TAs and Tutors Needed

Third and/or Fourth Year Students are needed to help TA the labs for Physical Diagnosis. It will be a great review before heading off on your externships! The labs are 9-11, 11-1:00 on Tuesday, Wednesday and Thursday. Please contact Dr. Gabriel ext. 7313 if you are interested.

WANTED!!! First Year Student Looking for Full Time Work During the Summer

The Academic Administration Department is looking for one current first year student to fill a full-time summer quarter workstudy position. The position is clerical in nature and the applicant will need strong Excel and Word skills. Hours are flexible but the ideal candidate should be able to commit to 30-35 hours per week. Serious applicants should contact Deanna Polakowski at extension 7011.

WANTED!!! Community Based Education Department Workstudy

The Community Based Education Department (Externships) is looking for one workstudy student. The position is clerical in nature. Job duties include, but are not limited to, working with Excel spreadsheets, filing, and computer work. I am looking for a First or Second year student to start spring quarter. Serious applicants should contact Deanna Polakowski at extension 7011.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and Fellowhips, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4 th Year Optometry Student 2005 Scholarship Award –Case Study	 4th Year Optometry Student Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
Optometric Physicians of Washington	 4th Year OPW student member Professional leadership, academic achievement and public concern 	Plaque	February 1, 2005
American Optometric Association Student Leadership Award	 Third year student Leadership role One page curriculum vita Statement about leadership role Statement reflecting on leadership experience %35) 	× \$1,000	February 1, 2005 – To Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	• Electronic - Essay 1500 words • 3 rd and 4 th years	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document
Chicago Area Schweitzer Fellows Program	Health professions, Graduate level-degree in Chicago Area Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report	\$2,000 stipend	Applications received by Friday, Feb 4, 2005 to The Chicago Area Schweitzer Fellows Program c/o Health ad Medicine Policy Research Group 29 E. Madison Street, Ste 602, Chicago, IL 60602 http://www.hmprg.org/schindex.html kristin.hmprg.org

Varilux Student Grant Award Program	 Third and Fourth Year Students Case report – maximum length 2000 words 	\$1,000	Papers to Student Affairs Office by March 1, 2005
AOSA – Vistakon Travel Grant Essay Contest Look under AOSA	 500 word maximum essay on how to improve the profession Student in good academic standing 	2/\$500 Travel Grants	Papers due March 1, 2005 to Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Graduate level in a "helping profession" Domicility in the greater Chicago metropolitan area 	\$500,000 funds available	March 1 st , 2005- to apply – www.jvschicago.org
Patrick Everet Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	 Third year member with AOSA and AOA Good academic standing Submit resume Paper less than 1500 words 	\$3,000	March 15, 2005 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives
William C. Ezell Fellowship (AOF)	 For Research (Sept 2005 – Aug 2006 year) 	Up to \$8,000	March 15, 2005 www.aaoptom.org
The 2005 Dr. Seymour Galina Grant (Look under Galina)	 Third year student – class of 2006 in good standing in AOSA Paper not to exceed 1500 words on specific subject 	\$2,500	Papers due to Student Affairs Office April 15, 2005
Optometric Society of Greater Kansas City	 From Greater Kansas City area 2nd, 3rd, and 4th Years Based on GPA 	\$500	April 15, 2005 – to Optometric Society of Greater Kansas City
Hawaii Optometric Association Scholarship	Hawaii resident 3 250 word statements answering questions	\$1,000	April 15, 2005
Walman Optical Company Scholarship Program	Second or Third Year U.S. or Resident Aliens	\$500 - \$3,000	April 10, 2005 www.walman.com
American Foundation for Vision Awareness – Michigan Affiliate	 Resident of Michigan 3rd Year B average or better Need financial assistance Plan to practice in Michigan 	\$1,000 or more	May 1, 2005
The Student Affairs Office	has more information, so stop by and	d check it out	
	6	•••••••••••••••••••••••••••••••••••••••	Sherausea

FITNESS CORNER

NEW Fitness Center Equipment

If you haven't been to the fitness center lately, now is a great time to get out of the cold and try out the newest equipment. During the past year, we update the fitness center with all brand new treadmills. We also purchased a new leg curl and leg extension machine. More students, staff and faculty are utilizing the fitness center and we want to ensure you have the best equipment to keep you in good health.

Massage Therapy

Does the thought of final exams have you stressed? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is campus every other Wednesday. Please call Shelby at x7460 further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, February 9 and Wednesday, February 23.

FREE Rer nal Training

begin an exercise program, but you don't

know where to start. Maybe you want some new ideas to incorporate into your workout.

> The ICO Fitness Center offers FREE personal training. trainers Our available an appointment-only

basis to provide one-onone training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through by 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

Fitness Center offers following fitness services: body fat enalysis, fitness assessment, equipment entation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

5 a Day the Dog's Way

By now we all have heard that we need to eat at least 5 servings of fruits and vegetables a day for improved However, you might not know that man's best friend can also benefit

from eating fruits and veggies. According

to animal expert and syndicated columnist Steve Dale, dogs on a dry kibble diet are more susceptible to bloat, a serious condition in which the stomach becomes distended with food, water and air. This is one of the reasons Dale advises supplementing your dog's diet with moist

Oitiled by Ilinais

foods like cooked veggies or slices of fresh fruit. He also mentions that fruits and veggies have been shown to decrease the risk of cancer for our canine friends.

This information is provided by IDEA Fitness Journal

ICO Bookstore

January Inventory

SALE

Friday, January 28th and Monday, January 31st

All Sleeveless T's \$ 5.00 All Short Sleeve T's \$ 10.00

All Jogging Pants \$15.00 Polo/Golf Shirts \$15.00

MOM/DAD Sweatshirts \$15.00 (orig. \$24.99)

All ICO Sweatshirts w/Hold \$25.00 without \$20.00 (orig. \$30 -\$43)

ICQCaps \$10.00 (orig. 13.99-16.99)

ICO World Shots/Long Sleeve \$15.00 (orig. \$19-\$28.99)

ICO Socks \$ 2.00 (orig. \$6.50)

ICO Pillows \$10.00 (orig. \$24.00)

ICO Mugs/Cups \$5.00 (orig.\$6.99-8.99)

Plush Bears 50% off

CREDIT REPORTS What they say about you.

Credit cards, and their responsible use, are also an important way for you to establish a positive credit history. By establishing good credit, you'll be more likely to secure loans in the future for automobiles, homes and other types of credit.

Part of building a positive credit history is in understanding what credit reports are and how they work.

What Is A Credit Report?

A credit report is based on your credit history — that is, whether or to you have paid your bills on time. This information, gathered from banks and other creditors, includes monthly credit card and loan payment information. It may also include monthly rent or utility payments.

What Is A Credit Bureau?

Credit bureaus collect and sell information about how people repay their debts. They release this information in the form of a credit report to credit card companies, automobile financing companies, college loan officers and insurance companies for use by these companies in reviewing loan and insurance applications. Prospective employers and landlords also have access to this information.

As you can see, it's very important to maintain a solid credit history. A poor credit history can make it difficult to get additional credit in the future.

For your information, the three major credit bureaus are listed at the end of this article.

Your Credit Record Speaks For You

Credit bureaus don't decide whether you will get credit. They just report how you handled your debts in the past. The report will be used to judge whether or not you qualify for a credit card, car loan, mortgage or any other type of credit.

What Is In My Credit Report?

Your credit history usually contains four types of information:

Identification: This includes your name, address and previous addresses. Also shown are your marital status, Social Security Number and birth date.

Credit: Your record tells who gave you credit and when. It shows how much you paid, how often and if you paid on time.

Public Record: This includes bankruptcy filings, tax liens and any court action that has been taken against you for unpaid bills.

Inquiries: This is a list of parties who have recently inquired about your credit report. This list may include current and prospective lenders from whom you've recently sought credit, card issuers interested in soliciting your business and employers.

What's Not In My Credit Report?

By law, certain personal facts can't appear in your credit report. These include your race, religion, health status and political affiliation.

Information Stays With You

Bureaus can report information that is up to seven years old. They can share information about bankruptcy for ten years and they can report your lifetime credit history if it's used to evaluate you for the following:

- A job paying at least \$75,000
- Credit of \$150,000 or more
- A life insurance policy with face value of \$150,000 or more

Where Do They Get Credit Information?

cedit bureaus get most of their information from the same sources that ask for it:

- Employers
- · Banks and finance companies
- Landlords
- · Credit card companies
- Major stores
- · Court records

Who Can See My Credit Report?

Only certain requesters can get a copy, and only under certain circumstances permitted by law:

- Creditors
- Insurances companies
- Government agencies (in some cases)
- Employers
- · You

How Can I Get My Credit Report?

By law, you have the right to see your credit report. To request a copy, write to one of the three major credit bureaus. Information may vary, so you might want to contact all three.

If you have been denied credit, the creditor must tell you which credit bureau it used to get your information. If you contact that credit bureau within 60 days, you can get a free copy of your report. Otherwise, the credit bureau may charge you a fee.

What If There Is A Mistake?

Mistakes do happen. There could be a data-entry error or confusion about similar names. Information may even be out-of-date. Credit bureaus are in business to give accurate information and therefore want errors corrected as much as you do.

If you find a mistake, notify the credit bureau right away.

The bureau is required by law to investigate your complaint and correct or remove any information that isn't accurate. The bureau must send a new report to anyone who has requested it in the past six months.

If you haven't already devolutions are proble from the problem of t

If you haven't already done so, you may want to get a copy of your credit report from other bureaus just to be sure the same mistake doesn't appear of their reports as well.

Tell Your Creditors If You're Having Trouble

If you have problems that might affect your credit, call your creditors right away. They may be able to temporarily reduce or freeze payments for a while, or help you to work out a new payment plan. The sooner you call, the more they can help keep your record clean.

What If I Have An Explanation?

Job loss, illness or divorce can threaten anyone's good credit record. And sometimes spending just gets out of hand.

When times are tough, it may be tempting to ignore your bills. But don't. Late payments and unpaid debts will be part of your credit record even after you get back on your feet.

If there are credit problems in your past, you should be the first to mention them. Attach a brief explanation to your credit application and describe the steps you have taken to correct the problems. It's best to be up front from the start

For Help And More Information For information about your credit

report, contact the three credit bureaus:

Equifax

Credit Information Services, Inc. P.O. Box 740241 Atlanta, GA 30374 Phone: 1-800-685-1111 www.econsumer.equifax.com

Experian

P.O. Box 2000 Allen, TX 75013 Phone: 1-888-397-3742 www.experian.com

TransUnion LLC

Consumer Disclosure Center P.O. Box 1000 Chester, PA 19022 Phone: 1-800-888-4213 www.transunion.com

Use of your credit history is governed by The Fair Credit Reporting Act. For more information, you can visit your local public library, call the Office of Consumer Protection at 1-877-322-4357 or visit their website at www.ftc.gov/consumer.htm

2005 Marks the 10th Anniversary of the Million Man March

Never before have so many united in a peaceful common cause.

Photographs contributed by photographer Eric Werner

HUB Corridor Lounge Gallery
Hermann Union Building
Illinois Institute of Technology
3241 South Federal Street
Chicago, IL 60616

Art Exhibit: February 19 28, 2005

Exhibition Hours: Monday – Friday: 9:00 a.m. – 5:00 p.m.



~ Free Admission ~

Siditized by Illinois College of Optometry Library



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

February 11, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out February 25, 2005, and the submission deadline is February 23.



CAMPUSNEWS

Graduation With Honors

Dr. Colip

For those students interested in graduating "with honors" the required cumulative GPA in each category at ICO is:

Summa Cum Laude – 3.90 to 4.00 Magna Cum Laude – 3.75 to 3.89 Cum Laude – 3.50 to 3.74 Go for it!



Friday, March 4, 2005

Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry students upon graduation. It is a great day for students, ICO alumni

and area optometrists to visit, learn, share information and network with others in the profession. This Goar, for the presentation portion of the symposium, the panel will consist of Co alumni and the topic will be "Starting Cold" vs. "Associate (Phase-In) Practice". After the presentations there will be a Fair, in the gym, which will provide a unique opportunity for all organizations, corporations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. ICO's eighth

annual Practice Opportunities
Symposium will be held on Friday,
March 4, 2005, starting at 1:00, in the
Lecture Center, with the Fair following
the lecture and concluding with a Pizza
Party sponsored by ICO's Alumni
Council you should have any
questions please see Lynn Petrica
in Student Affairs.

Sommencement News

Commencement Activities

Mark your calendars for May 18th. We

are planning our annual
event called the
Commencement
Capstone Program that
we encourage all degree
candidates to attend. The
day will start with
commencement
rehearsal, leaving by

trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pickup. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 21. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2005 will be



If apples were pears

And peaches were plums

And the rose had a different name.

If tigers were bears

And fingers were thumbs

'd love you just the same.

Valentine Poem-

held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.

2005 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Kristin Cannon, box 322 or Rosemary Gonzalez, box 348 or email kcannon@eyedoc.ico.edu or Rosemary at rgonzalez@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Attention O.D. Degree Candidates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs Office by March 7th.

Attention: Third Year Students

For your convenience Paul Studios will be a campus in the Presidential Lounge from 10 am to 3 pm on March 2nd to access your picture selection for the 2006 graduation class composite and also to take orders for graduation pictures. We have to have all orders returned to you before you leave for externship this summe.

Meal Plan Changes

For Spring Quarter:

If you would like to change your meal plan (17 or 12 meals/week)

please see Sharon Uher in the Student Affairs by Thursday, February 24 (during break week).

Zeki Nur International Student Scholarship Award

A \$500 scholarship will be awarded to two (2) international student essay winners enrolled at the Illinois College of Optometry.

Please submit an essay (no longer than one page) on a particular hardship you have endured and the motivating factors that have helped you through it. Essays should be submitted to the Student Affairs Office by March 15, 2005.

Helpdesk Hot Hints

Ahmed Mohammad www.smartcomputing.com daily Archive tip.

Recover An Accidentally Deleted File

To recover an accidentally deleted file, double-click the Recycle Bin icon on your Desktop to launch the Recycle Bin window. To find your file, simply look in the Recycle Bin folder. Right click the appropriate filename and click Restore.

How To Avoid Viruses

In addition to running up-to-date antivirus software, take common-sense steps: Don't open email attachments unless they're from tusted sources, and even then, if the message looks suspicious, contact the sender to confirm that he really sent you an email message with an attachment; be wary of any message that suggests sending it to friends and contacts or advises you to remove files or change system settings; and steer clear of visiting suspicious-sounding Web sites.

Use ClearType feature To Improve Readability In WinXP

Chandler Myrick, WinXP product manager, says that ClearType "refines jagged pixels and smoothes the edges of fonts, making them more readable." The technology works hand in hand with the monitor's refresh rate, and, simply put, the results are breathtaking. Interestingly enough, WinXP ships with this amazing feature turned

off by default. The easiest way to activate it is to right-click the Desktop, click Properties, choose the Appearance tab, and click Effects. Select the Use The Following Method To Smooth Edges Of Screen Fonts option, and then select ClearType from the drop-down menu. Click OK to save your change and close the Effects dialog box, and then click OK again to close the Display Properties dialog box. You should see the difference in display quality immediately.

New Policy on Glasses' Fees

ICO and IEI's policy regarding Optometric Care for Students and Family Members has been improved.

The policy has been revised to include the waiving of professional fees for an eye exam, a 20% reduction in glasses and 25% reduction for contact lenses for a student's parents, parent-in-law, brothers, sisters, grandparents and grandchildren. The previous policy was a 40% reduction in professional fees with the same materials discounts.

The policy does allow a family member to use their insurance or vision plan. However, it would allow any-co-pay on the professional fees to be waived by the Attending O.D.

This change was made in an effect to welcome student's parents and famly to ICO/IEI and show them how much we (and their student) appreciate their support. Its also a great way for the student's to show their family members what they are learning at ICO/IEI.

Soup Kitchen Helpers

FCO is looking for volunteers to serve times at a soup kitchen on Sunday, Pebruary 12th. at the United Church of Rodger's Park. We will be serving food to those in need and cleaning up afterward. Meet at the front desk at 3:15 pm to carpool. We will return to ICO by 7pm.

Contact Melissa Harmych box 51 or harmych99@hotmail.com for more information or to confirm your plans.

Orientation 2005

Are you interested in working on New Student Orientation programming? Orientation runs August 16th through August 19th, 2005. There are opportunities to work throughout the summer or just during the week of Orientation. Please write me an email – bkarmis@eyecare.ico.edu to express your interest. We will have an informational meeting early in the Spring Quarter.

Tutor Lists - Slight change

The tutor lists for Spring 2005 will look a little different from previous quarters. They will list only the tutors' names and box numbers. There will be a separate "tutor directory" available with the tutor's additional contact information.

Summer Student Internship at your AOA!

Two internships are available, the AOA in St. Louis MO Office and the AOA Alexandria, VA Office. These internships will last 8 - 12 weeks depending on the student's schedule. Interns will be provided a weekly salary of \$300 and free transportation to the internship city. The St. Louis intern will be exposed to the activities of the AOA Communications Group, Clinical Care Group. Government Relations Center and Information & Member Services Group, as well as the International Library, Archives and Museum of Optometry. The Alexandria Intern will have an opportunity to work with the Federal Government Relations Center, and Eve Care Benefits Center, as well as an opportunity to work on AOA-PAC projects and other legislative concerns. In addition, the intern may spend time on Capitol Hill learning firsthand how the AOA conducts its lobbying activities. Send a letter of interest, along with a current resume, via regular mail to:

Laurie Bergman, Student/Faculty Administrator

243 N. Lindbergh Blvd. St. Louis, MO 63141

or email to Lwbergman@aoa.org. Please indicate your preference for the St. Louis or Alexandria Office. Deadline for letters of interest and resumes is March 4, 2005.

Summer Research Program

University of Houston has a summer research program supported by the National Eye Institute. The purpose of this program is to introduce students in health professional schools to the opportunities for a research career. Optometry students who participate in the program receive an NEI Predoctoral Research Fellowship in the amount of \$4,992 for the summer (May 16 to August 17). They have fifteen trainee fellowship slots that are open to students in any year. U.S. Citizenship permanent residence is required. Application forms, reference letters and transcripts are due March 4, 2005 to Laura Frishman, Ph.D., Associate Applications, can be found in the Student Affairs Office in the side rack.

2005 NORA

We are in need of 2 students to work with a NORA board member at our registration desk checking people into the meeting rooms, providing badges, giving out COPE CE slips at the end of each meeting. The volunteer students will be able to attend any of the lectures or workshops for free (not including luncheons). The normal student fee to attend the Clinical Skills Workshop is \$125 and the general conference is \$75.

We will need 2 students to begin registration on Thu. March 17th between 4 pm and 7 pm and at least one willing to stay to distribute CE slips at 9:45 pm. On Friday we need 2 students from 7 and to 9 am and 2 between 4 pm and 8 pm. Starting Saturday March 19th we will need 2 students present all day (the students can rotate) from 7:30 am to 4:40 pm. Sunday will be the same as Saturday. Mon. will be from 7:30 am to 2:30 pm. For more information contact Joyce Bugno at ext. 7211.

NORA (Neuro-Optometric Rehabilitation Association, International, Inc.) Conference will be held Friday, March 18 – Sunday March 20 and the theme is "Visual Changes in Progressive Neurological Disease". It will be held at the Palmer House Hilton at 17 E. Monroe Street here in Chicago.

Spotlight on the Library

by Kathryn Johnston, Information Systems Librarian

Gerald Dujsik, Library Director

Library Hours during Finals and Winter Break

Sat., Feb. 12 - 8:00 a.m.-12:00 midnight
Sun., Feb. 13 - 10:00 a.m.-12:00 midnight
Mon., Feb. 14 - 7:00 a.m.-12:00 midnight
Tue., Feb. 15 - 7:00 a.m.-12:00 midnight
Wed., Feb. 16 - 8:00 a.m.-12:00 midnight
Thu., Feb. 17 - 7:00 a.m.-12:00 midnight
Fri., Feb. 18 - 7:00 a.m.-12:00 midnight
Sat., Feb. 19 - 8:00 a.m.-4:00 p.m.
Sun., Feb. 20 - CLOSED
Mon.-Fri., Feb. 21-25 - 8:00 a.m. - 5:00 p.m.
Sat., Feb. 26 - OLOSED
Sun., Feb. 27 \ CLOSED
Mon., Feb. 28 - Resume normal hours

MP3 Lectures Files.

Thank you to the first year class for their input the MP3 Lecture files. There is a significant number of people that still use the audiotapes and a growing number using the MP3 files. I hope that most of the problems have been resolved with access and downloading the MP3 files. For the Spring Quarter, we plan on using TheView to store the MP3 files within the Groups function of TheView. This should eliminate the access problems. More information forthcoming as soon as the new procedures are in place. We have managed to shrink the size of the files to shorten the download time. At this time the library plans to continue offering MP3 files and audiotapes of the lectures for the 2005-2006 Academic Year

Poster Display

On display in the Library lobby is an Academy poster authored by Dr. Darrell G. Schlange entitled "A New Test Protocol and Eye Tracking Device for Evaluating Eye Movements in the Beginning Reader." Please direct all questions to the author.

Black History Month

The Library has filled a display case with books and articles on prominent Black contributions to medicine and medical conditions particularly afflicting African-Americans. Titles include: Health Care Issues In Black America, Breaking the Color Line in Medicine, African American Medical Pioneers, and Blacks in Science and Medicine. All of these and the other items in the case are available to be checked out. The Library also has an interesting multi-volume historical series, entitled the Hirschberg History of Ophthalmology. This series has two volumes on The Eye and Man in Ancient Egypt, which cover the early discoveries, beliefs, and treatments regarding the eye in ancient Egypt. These also can be checked out.

Books for the Heart

The Library does not just cover vision! We also have books on the heart, from textbooks of cardiology such as Hurst's The Heart, Arteries, and Veins (RD598 S28 1996) to books (RD598 S28 1996) healing the heart physical and spiritually such as The Open Heart: Stories of Hope, Healing, and Happiness by Lester R. Sauvage (RD598.\$28) 1996) to romances such as The Waiting Heart by Jeanne Allan (RRCF .A52W) The Library tries to acquire every book published regarding optometry and eve disease, but we also want a few books covering other health subjects such as gynecology/obstetrics, gerontology, pediatrics, The donated recreational or nutrition. paperbacks fill other desires, so Happy Valentine's Day!

Book Holds

If you need a regular library book or video that currently is checked out, request a hold! A library staff member would be happy to place a hold on the item, so that when it is returned, the Library will contact you and hold it for you so that you can pick it up. You also can place a hold yourself if you know your library user id and pin. Holds are not permitted on reserve items.

Good luck on finals and we look forward to seeing you in the Library!

2005 – 2006 RC Room Assignments

If you are interested in living in the RC for the 2005-2006 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available until Friday, February 18th at 4pm. Those who sign up will be informed of their preliminary froom assignment in the first few weeks of Spring quarter.

Please contact Tammi Carlson (x7809), Amarda Hobbs (x7806) or Sharon Uher (x7405) with any questions or concerns.

February is Black History Month

Please take a stroll down the hallway on the first floor of the Illinois Eye Institute to see a display of 20 photographs taken by photographer Larry Zywica. The photos depict the Million Man March in Washington D.C. in 1995. This year marks the 10th anniversary of the famous March.

Lockers Reminder

Attention Fourth Year Students Leaving ICO for Off-Campus Externships in Spring Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office (x7401) which locker you are vacating.

Attention Fourth Year Students Arriving On-Campus from Off-Campus Externships

If you are in need of a locker, please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

CLASSIFIEDS

4th Years: Spring Suite Technician Needed Your friendly neighborhood (and desperate) residents are looking for a workstudy to help during their direct care session, Thursday afternoons (1-4 pm). If interested, please contact Dr. McCann (x 7181 or email amccann@eyecare.ico.edu) or another primary care resident.

Second, Third, and Fourth Years:

Dr. David Lee needs lab TAs for Sensory II in the Spring quarter. Wed 1-3, 3-5; Thur 1-3, 3-5; Fri 1-3, 3-5.

Please call him at 7174 or stop by his office at 3510.

Volunteers Needed for Research Study (

Dr. Daniel Roberts is currently searching for IEI/ICO employee and student volunteers to assist in a research project. Participants will have digital infrared photographs taken of the front of their eyes. By volunteering you will help facilitate the collection of normal images of the iris that will become part of a large database that will aid future research involving the study of glaucoma and certain other forms of eye disease. The photographic procedure is quick, painless, and harmless.

In order to participate, you must have had a complete eye exam that includes pupillary dilation at the IEI within the last year. Prior to photography, a routine test called gonioscopy will be necessary to document a normal drainage structure for fluid inside the eye. This test is quick and painless and carries minimal risk to you. For more information and to schedule an appointment time, please phone or email Dr. Roberts at x7318 or droberts@eyecare.ico.edu.

Phon-a-thon callers needed!

Are you outgoing, personable, with a competitive spirit? Would you like to learn more about practicing optometry, while raising money for ICO? If so, your skills, enthusiasm and drive are needed for our annual fund phonathon. The phonathon will be held March 7 -18. Come be a part of the fun. Food and training provided. Flexible fours! Workstudy hours available. Contact Felicia at 7071 or stop by Institutional Advancement. Office.

WANTED!!! Community Based Education Department Workstudy

The Community Based Education Department (Externedips) is looking for one workstudy student. The position is clerical in nature. Job duties include, but are not limited to, working with Excel spreadsheets, filing, and computer work. I am looking for a First or Second year student to start spring quarter. Serious applicants should contact Deanna Polakowski at extension 7011.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Varilux Student Grant Award Program	 Third and Fourth Year Students Case report – maximum length 2000 words 	\$1,000	Papers to Student Affairs Office by March 1, 2005
AOSA – Vistakon Travel Grant Essay Contest Look under AOSA	 500 word maximum essay on how to improve the profession Student in good academic standing 	2/\$500 Travel Grants	Papers due March 1, 2005 to Student Affairs Office
Eugene W. Strawn Leadership & Service Award	Outstanding Leadership	\$1,000 or \$4.000	March 1, 2005 to Lexie Franzeen, box 516
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Graduate level in a "helping profession" Domicility in the greater Chicago metropolitan area 	\$500,000 funds available	March 1 st , 2005- to apply – www.ivschicago.org
Patrick Everet Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	 Third year member with AOSA and AOA Good academic standing Submit resume Paper less than 1500 Words 	\$3,000	March 15, 2005 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.
William C. Ezell Fellowship (AOF)	For Research (Sept 2005 – Aug 2006 year)	Up to \$8,000	March 15, 2005 www.aaoptom.org
The 2005 Dr. Seymour Galina Grant (Look under Galina)	Third year student – class of 2006 in good standing in AOSA Paper not to exceed 1500 words on specific subject	\$2,500	Papers due to Student Affairs Office April 15, 2005
Optometric Society of Greater Kansas City	 From Greater Kansas City area 2nd, 3rd, and 4th Years Based on GPA 	\$500	April 15, 2005 – to Optometric Society of Greater Kansas City
Hawaii Optometric Association Scholarship	 Hawaii resident 3 - 250 word statements answering questions 	\$1,000	April 15, 2005

Walman Optical Company Scholarship Program	Second or Third YearU.S. or Resident Aliens	\$500 - \$3,000	April 10, 2005 www.walman.com
American Foundation for Vision Awareness – Michigan Affiliate	 Resident of Michigan 3rd Year B average or better Need financial assistance Plan to practice in Michigan 	\$1,000 or more	May 1, 2005
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of Polish heritage Chicago Area Resident Full time student Acceptable grades 	No amount specified	July 1, 2005

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Fitness Center Work Study Positions Available!!

The fitness center has desk attendant work study positions available during the spring quarter. Please contact Shelby at X7460 for more information.

FREE Finals Seated Massage

Take a break from studying from 11:00 am – 1:00 pm on Wednesday, February 16 and enjoy a FREE 10-minute seated massage with Sharita Davis, ICO's massage therapist. Please arrive at 11:00 to receive your 10-minute appointment time. This service is for ICO students only.

Sports and Ortho Physical Therapy

Are you looking for a physical the rapist in the area? If so, Sports and Otth Physical Therapy specializes in the treatment of shoulders, knees and spine. They are conveniently located at the corner of Canal and 31st street. They also have another location in the Lincoln Park/Lakeview area. For more information or to receive a FREE Get out of Pain Screening (\$100 value) contact Michelle Kluth at 312-225-3119.

Massage Therapy

Does the thought of final exams have you

stressed? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

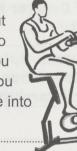
Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is oncampus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Massage gift certificates make great Valentine's Day gifts!

The next sessions will be Wednesday, February 23 and Wednesday, March 9.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.



The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Tune in with Heart Tests

February is Heart Health Month. Make sure you stay healthy with heart tests. Here is a list of the recommended screenings for adults without existing

heart disease risk factors:

- Blood pressure every 1-2 years
- Body mass index every 1-2 years
- Cholesterol every 5 years
- Blood sugar every 3 years after age 45

This information is provided by Resurrection Health Care Resource

FINALS WEEK FITNESS CLASS SCHEDULE

Effective Mon, Feb 14 – Fri, Feb 18 Tuesday

12 – 12:45 pm Pilates Matwork with Shelby

5:15 – 6:15 pm Yogalaties with Kristie

Wednesday

12 – 1pm Bootcamp with Shelb

Thursday

12 – 1 pm Bootcarap with Shelby

8 845 pm Power Cycling with Kristie

Friday

12 – 1 pm Circuit Slam with Kristie

5 Little Valentines

Five little valentines were having a race
The first little valentine was frilly with lace.
The second little valentine had a funny face.
The third little valentine said, "I love you".
The fourth little valentine said, "I do too".
The fifth little valentine was sly as a fox.
He ran the fastest to the valentine box.

Oidit/Red by Hinois College of Optometry Library



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

February 25, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out March 11, 2005, and the submission deadline is March 9.



CAMPUSNEWS

International Night

The Multicultural Association is sponsoring an evening of ethnic entertainment. Don't miss the ancient mystical dances, authentic songs and original skits that are professionally done by ICO students. It is a wonderful evening that you will always remember. Friday, March 11 is the evening to reserve for this event. Performance starts at 7 pm. Come at 5 pm to enjoy homemade ethnic foods at the MCA blindspot.

Relationship Discussion Group

Beth Karmis

We are piloting a student discussion group to talk about relationship issues. Topics could include 'dating at ICO', maintaining long-distance relationships, balancing family and school or profession, nurturing friendships, etc. The purpose of the group will be to initiate conversation and provide a chance for students to meet colleagues outside their class year. And since many men have told me 'guys don't like to "talk" about relationships', we'll incorporate a game or competitive activity tool Our emphasis will be to have fun without a lot of self-disclosure.

Wednesday, March 16th, 6:00 pm in the Wellness Center. Since time is a precious resource, we'll limit the first discussion to 90

minutes. Refreshments will be provided. To RSVP or ask questions email bkarmis@ eyecare.ico.edu

Orientation 2005

Orientation runs August 16th through August 19th, 2005. There are apportunities to work throughout the summer or just during the week of Orientation. Please write me an email — bkarmis@eyecare.ico.edu to express your interest. We will have an enational meeting early in the Spring

informational meeting early in the Spring Quarter.

Spotlight on the Library

Gerald Dujsik, Library Director Kathryn Johnston, Information Systems Librarian

Join the Lectures Group in TheView.ico.edu.

For the Spring Quarter, we will be using TheView to store the MP3 files within the Groups function of TheView. This should eliminate the access problems. You will need to join the lectures MP3 group to listen to or download the audio lectures.

Procedure to Join the Lectures Group:

- Log in to theview.ico.edu.
- Click on the Groups icon (3 circles on top of two boxes).

- · Click on Join a Group.
- Find the "Lectures MP3 files" Group and click on the "Join This Group" button on the far right.
- You can fill in a reason or leave it blank and click on submit.

Irma Chavez or Gerald Dujsik will admit students and faculty to the group. This will give you access to the MP3 files that the AV classroom assistants upload each day.

To Get Files:

- Log in to TheView and click on the Groups button.
- Click on the "Lectures MP3 files" group name.
- Click on file exchange.
- Each Course taught in the Spring Quarter will be listed. 1st year courses first, then 2nd year courses and finally 3rd year courses.
- You should be able to download the files or listen to them depending on the computer that you are using.

Notice:

These MP3 files are the intellectual property of the Illinois College of Optometry and the faculty member. You have the right to listen to the file and download a copy for your personal use. All other rights are reserved to the copyright owners. You do not have the right to post the files on any website or email them to anyone who is not a current student, faculty member or employee of the College. If you have any problems, please contact Mr. Jujsik. Gerald Dujsik, Library Director

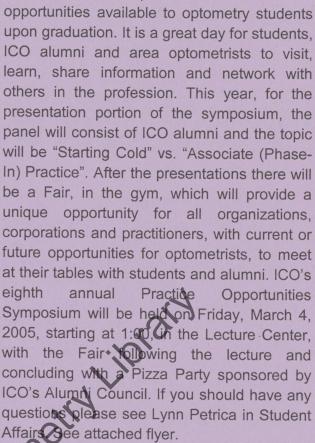
Poster Display

On display in the Library lobby is an Academy poster authored by Dr. Kelly Frantz. Phil Elston, Emily Michalik, and Carrah Templeman entitled Comparison of Fixation Disparity Measurements Obtained with the Saladin Near Point Balance Card and the Sheedy Disparometer." Take a look at the work Yellig done at ICO and remember to direct all questions to the authors.

Practice Opportunities Symposium

Friday, March 4, 2005

Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice



Fourth Years: Join Contact Lens Society

Attention all 4th years! You've all been through this before, but we are hoping you'll join us again. We are offering Lunch & Learn sponsored by X-Cell and Soderburg, an Envision

Workshop, and the Annual Symposium. Take this opportunity to enhance your ability to confidently prescribe CL's and incorporate these skills into your future practice. This is a chance to add an extracurricular activity to that all-important résumé. Membership for spring quarter is \$5.00. Membership forms are in your mailboxes. Please return them to Wendy at box 499 by March 7th.

Helpdesk Hot Hints

Ahmed Mohammad

Create a PowerPoint presentation Using Word Outline

You can use an existing Microsoft
Word document to create a Microsoft

PowerPoint presentation. To set up the slides in a presentation, PowerPoint uses the heading styles (heading style: Formatting applied to a heading. Microsoft Word has nine different built-in styles: Heading 1 through Heading 9.) in your Word document. For example, each paragraph formatted with the Heading 1 style becomes the title of a new slide, each Heading 2 becomes the first level of text, and so on.

Note: You must apply a heading format to the text you want to include in a slide. For example, if you apply the Normal style to a block of text, Word will not send that text to PowerPoint.

- Open the document you want to use to create a PowerPoint presentation.
- 2. On the File menu, point to Send To, and then click Microsoft PowerPoint.

Send Power Point Slides to Microsoft Word

With your presentation open in Microsoft PowerPoint, on the File menu, point to Send To, and then click Microsoft Word.

Under Add slides to Microsoft Word document, do one of the following.

- If you want to embed (embedded object: Information (object) contained in a source file and inserted into a destination file. Once embedded, the object becomes part of the destination file. Changes you make to the embedded object are reflected in the destination file.) the slides in the Word document, click Paste.
- If you want to **link** (linked object: An object that is created in a source file and inserted into a destination file, while maintaining a connection between the two files. The linked object in the destination file can be updated when the source file is

updated.) the slides to the Word document, click **Paste link**.

Note: If you link the files, they will be updated in the Word document when you edit them in PowerPoint.

Optometrist Needed

Sight Savers International are looking for an optometrist to work in an optical centre in Ghana for 12-18 months. The position involves not only optometric practice, including eye testing and business management, but also securing work for the centre on outreach trips to corporate clients in Accra and also villages in the North Volta region and other areas in the country.

If this sounds like you, or if you would like any further information, please send all questions or comments to: trenthuon@hotmail.com

2005 NORA

We are in need of 2 students to work with a NORA board member at our registration desk. The volunteer students will be able to attend any of the lectures or workshops for free (not including luncheons). The normal student fee to attend the Clinical Skills Workshop is \$125 and the general conference is \$75.

NORA (Neuro-Optometric Rehabilitation Association, International, Inc.) Conference will be held Friday, March 18 – Sunday March 20 and the theme is "Visual Changes in Progressive Neurological Disease". It will be held at the Palmer House Hilton at 17 E. Monroe Street here in Chicago. For information contact Joyce Bugno at x7211.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on **March 2**nd to accept your picture selection for the 2006 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

Zeki Nur International Student Scholarship Award

A \$500 scholarship will be awarded to two (2) international student essay winners enrolled at the Illinois College of Optometry.

Please submit an essay (no longer than one page) on a particular hardship you have endured and the motivating factors that have helped you through it. Essays should be submitted to the Student Affairs Office by March 15, 2005.

Commencement News

Commencement Activities

Mark your calendars for May 18th. We are planning our annual event called the Commencement

Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pickup.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 21. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2005 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.

2005 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Kristin Cannon, box 322 or Rosemary Gonzalez, box 348 or email kcannon@eyedoc.ico.edu or

Rosemary at rgonzalez@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Attention O.D. Degree Candidates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs Office by March 7th.

Lockers Reminder

Attention Fourth Year Student Arriving on Campus

Please take the responsibility registering your locker with Kathy in the Student Affairs Office (x7401). Thank you for your cooperation.

Artist's Reception

All are welcome to attend the "Gallery of Faith"

Photographic Exhibition

Featuring the photography of ICQ's Or. Dominick M. Maino. This

exhibit is open all Sundays until May 8 AM to 2 PM at St. Bartholomew Church, 5000 W. Addison, Chicago, IL. It will also be open during Holy Thursday, Good Friday and the Easter Vigil as well. Everyone is invited to come to the Artist's Reception on Saturday March 12th from 3-5 pm. For additional information go to http://www.stbartholomew.net

CLASSIFIEDS

4th Years: Spring Suite Technician Needed

Your friendly neighborhood (and desperate) residents are looking for a workstudy to help during their direct care session, Thursday afternoons (1-4 pm). If interested, please contact Dr. McCann (x 7181 or email amccann@eyecare.ico.edu) or another primary care resident.

Second, Third, and Fourth Years:

Dr. David Lee needs lab TAs for Sensory II in the Spring quarter. Wed 1-3, 3-5; Thur 1-3, 3-5; Fri 1-3, 3-5. Please call him at 7174 or stop by his office at 3510.

Volunteers Needed for Research Study

Dr. Daniel Roberts is currently searching for IEI/ICO employee and student volunteers to assist in a research project. Participants will have digital infrared photographs taken of the front of their eyes. By volunteering you will help facilitate the collection of normal images of the iris that will become part of a large database that will aid future research involving the study of glaucoma and certain other forms of eye disease. The photographic procedure is quick, painless, and harmless. In order to participate, you must have had a complete eye exam that includes pupillary dilation at the IEI within the last year. Prior to photography, a routine test called gonioscopy will be necessary to document a normal drainage structure for fluid inside the eye. This test is quick and painless and carries

minimal risk to you. For more information and to schedule an appointment time, please phone or email Dr. Roberts at x7318 or droberts@evecare.ico.edu.

Phon-a-thon callers needed!

Are you outgoing, personable, with a competitive spirit? Would you like to learn more about practicing optometry, while raising money for ICO? If so, your skills, enthusiasm and drive are needed for our annual fund phonathon. The phonathon will be held March 7 -18. Come be a part of the fun. Food and training provided. Flexible hours! Workstudy hours available. Contact Felicia at 7071 or stop by Institutional Advancement. Office.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3d drawer of the cabinet on the South wall

Grant Award Program •	Third and Facth Year Students Case eport – maximum length 2000 words	\$1,000	Papers to Student Affairs Office by March 1, 2005
Travel Grant Essay Contest	\$00 word maximum essay on how to improve the profession Student in good academic standing	2/\$500 Travel Grants	Papers due March 1, 2005 to Student Affairs Office
Eugene W. Strawn Leadership & Service Award	Outstanding Leadership	\$1,000 or \$4.000	March 1, 2005 to Lexie Franzeen, box 516

 Fourth Year Students 750 Maximum paper One page essay on a hardship Third year member with AOSA and AOA Good academic standing Submit resume Paper less than 1500 words For Research (Sept 2005 – Aug 2006 year) "Best" research paper 	\$500 for 2 internation al Students \$3,000	March 15, 2005 to Student Affairs Office March 15, 2005 March 15, 2005 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives. March 15, 2005 March 15, 2005 March 15, 2005 March 15, 2005 to AOA CLCS
 Third year member with AOSA and AOA Good academic standing Submit resume Paper less than 1500 words For Research (Sept 2005 – Aug 2006 year)	internation al Students \$3,000	March 15, 2005 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives. March 15, 2005 www.aaoptom.org
AOSA and AOA Good academic standing Submit resume Paper less than 1500 words For Research (Sept 2005 – Aug 2006 year)	Up to \$8,000	Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives. March 15, 2005 www.aaoptom.org
Aug 2006 year)	\$8,000	www.aaoptom.org
"Best" research paper	\$3,000 and	April 15, 2005 to AOA CLCS
 Membership in AOSA Present at AOA Contact Leris and Cornea Section's Annual AOA's 2005 Optometry's Meeting events 	air, hotel meal and plaque at CLCS Annual Business Meeting	office
 Third year student – class of 2006 in good standing in AOSA Paper no to exceed 1500 words on specific subject 	\$2,500	Papers due to Student Affairs Office April 15, 2005
Aron Greater Kansas City area 2 nd , 3 rd , and 4 th Years Based on GPA	\$500	April 15, 2005 – to Optometric Society of Greater Kansas City
 Hawaii resident 3 - 250 word statements answering questions 	\$1,000	April 15, 2005
Second or Third YearU.S. or Resident Aliens	\$500 - \$3,000	April 10, 2005 www.walman.com
	De vecention De vecention	(m. 718)
	and Cornea Section's Applia AOA's 2005 Optometry's Meeting events Third year student – class of 2006 in good standing in AOSA Paper no to exceed 1500 words on specific subject From Greater Kansas City area 2 nd , 3 rd , and 4 th Years Based on GPA Hawaii resident 3 - 250 word statements answering questions Second or Third Year	and Cornea Section's Applia AOA's 2005 Optometry's Meeting events Third year student – class of 2006 in good standing in AOSA Paper 10 to exceed 1500 words on specific subject Proin Greater Kansas City area 2 nd , 3 rd , and 4 th Years Based on GPA Hawaii resident 3 - 250 word statements answering questions Second or Third Year U.S. or Resident Aliens Place CLCS Annual Business Meeting \$2,500 \$2,500 \$500 \$500 \$1,000 \$1,000 \$500 - \$3,000

American	Resident of Michigan	\$1,000 or	May 1, 2005
Foundation for	 3rd Year 	more	
Vision Awareness –	B average or better	om no full	tos leuto probutori
Michigan Affiliate	 Need financial assistance 	soon ted a	to to some W. seeden of the
Michigan Amiliate	 Plan to practice in Michigan 		Water Bleaman
Polish Women's	U.S. Citizen	No	July 1, 2005
Civic Club, Inc.	 One parent of Polish heritage 	amount	
Citie Glas, Illei	Chicago Area Resident	specified	STONE DEPT MEDICAL
town?) Equipment 660 years	Full time student	d prinoffi	733 100 20 20 100
	 Acceptable grades 	331313	edicine contrates

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Polar Bear 2005

Polar Bear 2005 is coming to a close. Please remember to turn in your completed log sheet and evaluation form to Shelby Lalich (#32) by March 11. All finishers will receive a long-sleeve Polar Bear 2005 t-shirt, and one grand prize winner, drawn from all finishers, will win a \$50 gift certificate to Fleet Feet.

Massage Therapy

Does the new quarter have you stressed? Are you feeling sore from exercise? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at 120. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minure sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, March 3 and Wednesday, March 16.

FREE Personal Training

Are you tired of working out without

seeing results? Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie, box 46, Randy, box 528, Danny, box 508, Greyson, box 489, and Chris, box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

New Guidelines for Weekly Exercise Quota

In January, the Department of Health and Human Services (HHS) and Agriculture released its *Dietary Guidelines for Americans 2005*, in which the department recommends at lease 30 minutes of moderate-intensity physical activity (not

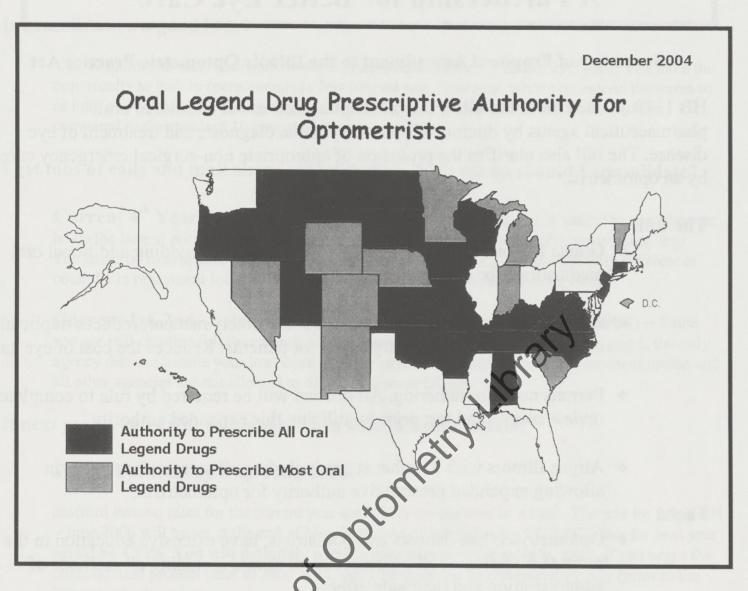
including usual activity) on most days. However, it also states that greater health benefits will result with more intense activity or activity that lasts longer. The recommendations not only include cardiovascular conditioning, but also stretching, resistance exercise calisthenics. For those wanting to prevent weight gain, the HHS recommends 60 minutes of moderate to vigorous exercise on most days of the week. For those wishing to drop weight, 60-90 minutes of daily moderate-intensity exercise advised.

This information is provided by Club Industry's Fitness Business-Pro

Spring Quarter Fitness Class Schedule EFFECTIVE MONDAY, FEBRUARY 28, 2005

Manufal Schools	ganicopos no do sigui- enstagos mendo sigui-	MONDAYS: 8:00 pm – 8:45 pm	min augustantier, carett
		ABS/LOWER BODY MELISSA	H
	A – 2:00 PM N DANCING	TUESDAYS: 5:15 PM — 6:15 PM YOGALATIES KRISTIE	8:00 PM – 8:30 PM DROP AND JOG MELISSA
01 : 2508		WEDNESDAYS: 12:00 PM – 1:00 PM BOOT CAMP SHEEBY	Message Therapy Does the new quarter have Are you feeling sots from
	PM – 1:00 PM S MATWORK	1:00 PM — 1:45 PM SALSA KATHY	8:00 PM – 8:45 PM POWER CYCLING KRISTIE
et Spoles	رما	FRIDAYS: 12:00 PM — 1:00 PM BOOT CAMP SHELBY	Cost is \$10 per f0-minut oil certificates are availat campus syery office Web
	Illinois	on the function and the Gradelines on appending the Constant Const	or to ourchese a check will
dilled b	Sentectruct—restaling in the departm of the departm of the departm of the department		
10,		8	*C_00000000-

What is wrong with this map?



Where do you want to protice?

Illinois has been denied the ability of fully treat our patients. Currently, the IOA is pursuing legislation on behalf of our patients. Students are being educated, yet state laws determine how much of that education you can actually use after you graduate. Thinking of practicing in Illinois or maybe a state that doesn't have oral meds in their practice act? Stay tuned for more updates as to how students can help the IOA in educating legislators.

Your future is a stake. Even if you are not going to stay in Illinois, the more states that can convince legislators to pass legislation like this, the more patients benefit. For more information, please contact Dr. Vince Brandys at ext 7144.

A Partnership for Better Eye Care

Summary of Proposed Amendment to the Illinois Optometric Practice Act

HB 1179 amends the act to allow the prescription and use of additional oral pharmaceutical agents by doctors of optometry in the diagnosis and treatment of eye disease. The bill also clarifies the provision of appropriate non-surgical emergency care by an optometrist.

The Bill:

- Grants full prescriptive authority to optometrist, providing additional oral medications for their patients.
- ♦ Allows treatment to be initiated in a more timely manner, reduces duplicative office visits and unnecessary travel for patients. Reduces the cost of eye care.
- ♦ Permits no grandfathering. All doctors will be required by rule to complete a review course and test prior to utilizing this expanded authority.
- ♦ Aligns Illinois with 31 other states including all surrounding states in allowing expanded prescriptive authority for optometrists.

Facts:

- Optometrists, like dentists and podiatrists, have extensive education in the proper utilization of all pharmaceutical agents including all methods of administration and their side effects.
- Currently optometrists are permitted to use all topical and some oral agents including steroids and controlled substances, but are the only primary care profession without full prescriptive authority.
- Ojii Zed by Illin orbing in the bill permits surgery by an optometrist

Comprehensive and accessible eye care for all Illinois citizens

IMPORTANT QUESTIONS AND ANSWERS ABOUT US FEDERAL LOAN CONSOLIDATION

Is consolidation a good idea?

Yes, with interest rates at historic lows, it is an excellent idea for almost everyone. You have the opportunity to lock in (permanently) a low interest rate. However, when you extend the terms to as long as 30 years, you end up paying far more in interest over the life of the loan (when compared to the standard 10-year repayment).

I get tons of calls and mail about consolidation. With whom should I consolidate?

Current 4th Year Students (CLASS OF 2005) - Generally, it is easiest to use whoever holds the largest portion of your loans (for most of you this will be IDAPP, www.idapp.org). The terms of federal consolidation loans are the same with every lender—the only differences could be in repayment incentives (along with issues related to customer service).

Current 1st, 2nd, & 3rd Year Students (CLASSES 2006, 2007, 2008) - Since you are still enrolled full time in school, the Department of Education (www.dl.ed.gov) is the only agency that can handle your loan consolidation request. Consolidation is a repayment option and all other agencies are not allowed to offer you a consolidation loan.

If next year's rates will be higher, when should I consolidate?

Start the process by May 16th, 2005.

Stafford interest rates for the current year are 20% for students in school. The rate for July 2005 - June 2006 will be set at the end of May 2003. As of late February 17, 2005, rates for next year would be 4.23%. You will definitely want to consolidate prior to July, 2005. If you begin the consolidation process prior to June 2005, everything should be completed by July (prior to the interest rate changing).

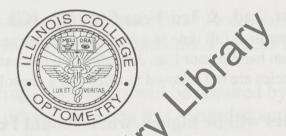
send you a packet at the end of April, 2005. In the packet you we application information, and general information regarding your loan call or drop by the office at any time with your loan questions.

IF YOU HAVE FURTHER QUESTIONS, PLEASE FEEL FREE TO CONTACT THE OFFICE!

Student Financial Services - Bryant Anderson The Financial Aid Office will send you a packet at the end of April, 2005. In the packet you will

PRACTICE OPPORTUNITIES SYMPOSIUM

Friday, March 4, 2005 Lecture Center & Gym 1:00 P.M.



Don't miss this unique opportunity to look to the future and the opportunities it holds for you.

Symposium Panelists will be speaking on "Starting a Practice Cold" vs. "Associate (Phase-In) Practice." All panelists are ICO Alumni.

The Opportunities Fair consist of representatives from ICO's Residency Program & Alumni Cuncil, EyeGrads, Alcon, Shopko, Luxottica Retail (LensCrafters & Cole Vision), Wal-Mart/Sam's Club, U.S. Vision, America's Best, U.S. Army, D. Richard Gerowitz, Eye Care Centers of America, Senior Eye Associates Chittick Optical, Inc., Wing Eyecare, 20/20 Eye Specialists, Lossman Eye Care Associates, National Vision, IOA, AOA and many more jigitiZed by

For more information please see Lynn in Student Affairs



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

March 11, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out March 24, 2005, and the submission deadline is March 22.

.0

CAMPUSNEWS

NBEO III Practice Sessions

From Dr. Stephanie Messner

Two additional NBEO Part III practice sessions will be held this quarter. The first will be on Thursday, March 31 and the second on Thursday, April 7. Both will be held in Suite I from 5:00-8:00 PM. All ICO fourth year students are welcome to participate. Bring a practice

partner and your equipment. We will supply collagen plugs, ophthalmic materials and contact lenses/ solutions for your use. A faculty member and resident will be present to assist you. This is the last hurdle in the NBEO series and you only have one opportunity to pass

before you graduate. Failure to pass will cause a delay if obtaining your license and ability to begin practice. While our pass rate is high (96% for the class of 2004) it is still important of familiarize oneself with the format of the examination and the behavioral objectives that are used for scoring. For more information, visit NBEO's web site at www.optometry.org.

"Eyes on the Road Ahead" Panel Discussion

You are invited to attend a panel discussion featuring a diverse group of successful ICO alumni who have taken different paths to successful practices. Pr. Elyse Chaglasian will procedure the discussion.

Audience members are encouraged to participate by

discussion.

asking questions throughout the

The March wind coars Like a lion in the sky, And makes is shiver As he passes by.

When winds are soft,
And the days are warm and clear,
Just like a gentle lamb,
Then spring is here.

- Author Unknown

Date: Thursday, April 7th Time: 6:00 pm reception with refreshments, 6:30 -8:30 pm panel discussion Place: Lecture Center Foyer and Lecture Center

This event is free for all students, faculty and staff. For more information, contact Connie

Pietrzak in the Alumni Relations and CE office at ext. 7080 or cpietrzak@eyecare.ico.edu. *Sponsored by ICO and Alcon.*

Helpdesk Hot Hints

Ahmed Mohammad

1) Junk Mail Handling in Groupwise Email
You can add individual e-mail addresses or
entire Internet domains to a Block List Items

entire Internet domains to a Block List. Items from these addresses or Internet domains are blocked and never arrive in your Mailbox. An

Internet domain is the part of the e-mail address that comes after the @. For example, in the address Henry@mymail.com, the Internet domain is mymail.com.

- a) Right-click an item with an Internet address> click Junk Mail.
- b) Click block Sender.
- c) Select block e-mail from this address or block any email from this internet domain. (The internet domaincomes after the @ in the address:)

d) Click OK

Note: Junk Mail Handling does not apply to internal e-mail. Internal e-mail is e-mail where the sender is part of your GroupWise system and the *From* field shows only the name of the sender, not an Internet address as explained above.

2) Display and print out formulas in Excel (2003)

Have you ever wanted to inspect your worksheet formulas on paper but couldn't figure out how to do so? Select Tools | Formula Auditing | Formula Auditing Mode from the menu bar. The hidden formulas will appear right on your sheet. Now, all you need to do is click *Print* as you normally would to see your formulas in hardcopy form.

Spotlight on the Library

Gerald Dujsik, Library Director
Kathryn Johnston, Information Systems
Librarian

Library Hours during Spring Break
Thursday, March 24 000 a.m.-5:00 p.m.
Friday-Sunday, March 25-27 CLOSED
Monday, March 28 Resume normal
hours

MP3 Lectures Files.

85 students & faculty have joined the Lectures Group in TheView.ico.edu. For the Spring Charter, we will be using TheView to store the MP3 files within the Groups function of

TheView. This should eliminate the access problems. You will need to join the lectures MP3 group to listen to or download the audio lectures.

Procedure to Join the Lectures Group: Log in to TheView.ico.edu.

Click on the Groups icon (3 circles on top of two boxes).

Click on Join a Group.

Find the "Lectures MP3 files" Group and click on the "Join This Group" button on the far right.

You can fill in a reason or leave it blank and click on submit.

Irma Chavez or Gerald Dujsik will admit students and faculty to the group. This will give you access to the MP3 files that the AV classroom assistants upload each day.

To Get Files:

Log in to the view and chck on the Groups button.

Click on the "Lectures MP3 files" group name. Click on file exchange.

Each course taught in the Spring Quarter will be listed. 1st year courses first, then 2nd year courses and finally 3rd year courses.

You should be able to download the files or distent to them depending on the computer that you are using.

Notice:

These MP3 files are the intellectual property of the Illinois College of Optometry and the faculty member. You have the right to listen to the file and download a copy for your personal use. All other rights are reserved to the copyright

owners. You do **not** have the right to post the files on any website or email them to anyone who is not a current student, faculty member or employee of the College.

If you have any problems, please contact Mr. Dujsik at ext. 7160

Practice Opportunities Symposium

The lectures are available as MP3 files on TheView.

Poster Display

On display in the Library lobby is an Academy poster from Dr. Gunderson and Dr. Hodur entitled "Corneal Factors Affecting Emmetropization and the Refracting Power of the Eye." Stop by and view the work of the faculty but please direct all questions to the authors.

New in the Library!

Did you miss any of the lectures and symposia at the American Academy of Optometry meeting in Tampa this year? The Library has purchased on CD-ROM recordings of all of them and they are available for checkout.

Other new items:

Anterior Segment Complications Of Posterior Segment Surgery, edited by Pieramici and Castellarin, Ophthalmology Clinics of North America. RE1.07 v. 17 no. 4.

Corneal Transplantation, Forrester and Kuffova. (Includes CD-ROM of the surgical procedures.) RE36.F675 2004.

Ophthalmology Made Ridiculously Simple, 3rd ed. (includes CD-ROM), Goldberg and Trattler. RE50.G6 2005

Review of Ophthalmology, Friedman, Kaiser and Trattler (includes CD-ROM). RE46. F844 2005

Ophthalmology: an Illustrated Colour Text 20 ed., Batterbury and Bowling. RE46 B374 2005.

Ultraviolet Radiation and the Eye, International Ophthalmology Clinics, RE1.I7 v.45 no.1 Winter 2005.

Roots of Visual Avareness, edited by Heywood, Milner and Blakemore, Progress in Brain Research. OP491.R59 2004

Evidence-Based Practice: Logic and Critical Thinking in Medicine, Jenicek and Hitchcock. R723.7348 2005

Ophthalgiology in Focus, Kanski and Bowling. RE49 K3593 2005

The Library does have laptops, camcorders, and a digital camera available for 24 hour

check out by students. They are stored at the second floor Media desk.

Are you ready for International Night? The Library does have recordings of previous years' events ready to be checked out.

Happy St. Patrick's Day and we look forward to seeing you in the Library!

How You Helped in Haiti

Monday, March 28th FCO members will be giving a Haiti Presentation about what they did, who they met and how your raffle money donation helped many Haitian people this year. The presentation will begin at 6:30pm in room 1202. Hope to see you there!

Heart of America

Kristin Cannon, was one of five students who received the Heart of America Contact Lens Scholarship at the HOACLS annual meeting, February 12 2005 in Kansas City, MO. Congratulations Kristin!

COVE Presentation

Dr. Ann Hellerstein, International President of College of Optometrists in Vision Development (COVD), will be presenting "Practicing Full Scope Optometry: Seeing More 'Green' Thru Vision Therapy"

on Thursday, March 17 at 7:00 pm, room 1200. Admission is free! Pizza and beverages will be provided. Please join us for this amazing opportunity!!!

International Night Tonight!

Don't forget about the International Program tonight. Don't miss the ancient mystical dances, authentic songs and original skits that are professionally done by ICO students. It is a wonderful evening that you will always remember. Performance starts at 7 pm. Friday, March 11. Come at 5 pm to enjoy homemade ethnic foods at the MCA blindspot.

Parking Reminder

Faculty, Staff, and Students: Please do not park in the circle drive at Indiana entrance and in the IEI patient parking lot. Thank you.



Relationship Discussion Group

Beth Karmis

We are piloting a student discussion group to talk about relationship issues. Topics



could include 'dating at ICO', maintaining long-distance relationships, balancing family and school or profession,

nurturing friendships, etc. The purpose of the group will be to initiate conversation and provide a chance for students to meet colleagues outside their class year. And since many men have told me 'guys don't like to "talk" about relationships', we'll incorporate a game or competitive activity too! Our emphasis will be to have fun without a lot of self-disclosure.

Our first meeting will take place on Wednesday, March 16th, 6:00 pm in the Wellness Center. Since time is a precious resource, we'll limit the first discussion to 90 minutes. Refreshments will be provided. To RSVP or ask questions email bkarmis@eyecare.ico.edu

Orientation 2005

Are you interested in working on New Student Orientation programming? Orientation runs August 16th through August 19th 2005. There are opportunities to work throughout the summer or just during the week of Orientation. Please write me an email – bkarmis@eyecare.ico.adu to express your interest. We will have an informational meeting early in the Spring Quarter.

Zeki Nur International Student Scholarship Award

A 5500 scholarship will be awarded to two (2) International student essay winners enrolled at the Illinois College of Optometry.

Please submit an essay (no longer than one page) on a particular hardship you have endured and the motivating factors that have helped you through it. Essays should be submitted to the Student Affairs Office by March 15, 2005.

Commencement News

Commencement Activities

Mark your calendars for May 18th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 21. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2005 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.

2005 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Kristin Cannon, box 322 or Rosemary Gonzalez, box 348 or email kcannon@eyedoc.ico.edu or Rosemary at rgonzalez@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.



CLASSIFIEDS

Volunteers Needed for Research Study

Dr. Daniel Roberts is currently searching for IEI/ICO employee and student volunteers to assist in a research project. Participants will have digital infrared photographs taken of the front of their eyes. By volunteering you will help facilitate the collection of normal images of the iris that will become part of a large database that will aid future research involving the study of glaucoma and certain other forms of eye disease. The photographic procedure is quick, painless, and harmless. In order to participate, you must have had a complete eye exam that includes pupillary

dilation at the IEI within the last year. Prior to photography, a routine test called gonioscopy will be necessary to document a normal drainage structure for fluid inside the eye. This test is quick and painless and carries minimal risk to you. For more information and to schedule an appointment time, please phone or email Dr. Roberts at x7318 or droberts@eyecare.ico.edu.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHAPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Hanson Financial Services Scholarship – 2005	Fourth Year Students750 Maximum paper	S. (\$400	March 15, 2005 to Student Affairs Office
Zeki Nur International Student Scholarship Award	One page essay on a hardship	\$500 for 2 internation al Students	March 15, 2005
Patrick Everet Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	 Third year member with AOSA and ADA Good academic standing Submit resume Paper less than 1500 words 	\$3,000	March 15, 2005 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.
William C. Ezell Fellowship (AOF)	 For Research (Sept 2005 – Aug 2006 year) 	Up to \$8,000	March 15, 2005 www.aaoptom.org
National Optometric Student Association Service Award – 2005	NOSA memberGood academic standingBrief statement	\$250	April 15, 2005

AOA CLCS Student Research Award	 "Best" research paper Membership in AOSA Present at AOA Contact Lens and Cornea Section's Annual AOA's 2005 Optometry's Meeting events 	\$3,000 and air, hotel meal and plaque at CLCS Annual Business Meeting	April 15, 2005 to AOA CLCS office
The 2005 Dr. Seymour Galina Grant (Look under Galina)	 Third year student – class of 2006 in good standing in AOSA Paper not to exceed 1500 words on specific subject 	\$2,500	Papers due to Student Affairs Office April 15, 2005
Optometric Society of Greater Kansas City	 From Greater Kansas City area 2nd, 3rd, and 4th Years Based on GPA 	\$500	April 15, 2005 – to Optometric Society of Greater Kansas City
Hawaii Optometric Association Scholarship	 Hawaii resident 3 - 250 word statements answering questions 	\$1,000	April 15, 2005
Walman Optical Company Scholarship Program	Second or Third YearU.S. or Resident Aliens	\$500 - \$3,000	April 10, 2005 www.walman.com
American Foundation for Vision Awareness — Michigan Affiliate	 Resident of Michigan 3rd Year B average or better Need financial assistance Plan to practice in Michigan 	\$1,000 or more	May 1, 2005
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of Polish heritan Chicago Area Resident Full time student Acceptable grades 	No amount specified	July 1, 2005

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Polar Bear 2005

Polar Bear 2005 has con to a close. Please remember to turn in your completed log sheet) and evaluation form to Shelby Lalieh (#32) by March 11. All finishers will receive a long-sleeve Polar Bear 2005 t-shirt, and one grand prize winnel, drawn from all finishers, will win a \$50 gift certificate to Fleet Feet.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is oncampus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday. March 16 and Wednesday, March 30.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David. Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers following fitness services: analysis, fitness assessment, ex uipment orientation, flexibility analysis, general fitness consultation, and workout program For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Color Coded

Food experts often recommend including colorful fruits vegetables in everyday meals to add variety and increase health benefits. Here is a list of some the colorful produce selections and their benefits.

- Yellow/Orange-Cantaloupe, carrots, corn grapefruit, oranges and sweet potatoes all improve the immune system, vision and heart health
- Blue/Purple-Blackberries, blueberries, eggplant, grape and plums maintain urinary tract function and help with memory retention.
 - Red Apples, peppers, sufawberries and tomatoes also promote memory function urinary tract health.

Green-Broccoli, green beans, dark lettuce and spinach ensure strong bones and teeth and good vision.

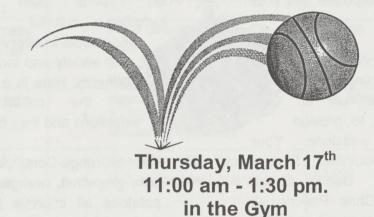
This information is provided by IDEA Fitness Journal

For a long time (t had seemed to me that life was about to begin.... But there was always some obstacle in the way, something to be gotten through first, joji 1280 0 V some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life.

MARCH MADNESS NUTRITION

SPRING WELLNESS FAIR

March marks the culmination of an exciting college basketball season, it is National Nutrition Awareness Month, and it is beaconing SPRING! The Wellness Team has put together a Spring Wellness Fair that brings together all that's great about March!



What you can expect to see...

- Important information about how to enhance wellness through good nutrition
- Cholesterol and blood sugar screenings
- Blood pressure checks
- ⊕ Body composition analysis (*4 hour fast for this one no food or exercise prior)
- Exercise and Nutrition consultations
- Get Out of Pain" screenings by Michalle Kluth, D.P.T. from Sports+Ortho Physical Therapy
- Massage Therapy Sharita Davis, Sertified Massage Therapist, will be providing complimentary massages for new clients to 'sample' her technique, as well as providing incentive discounting for those people who book a session during her next time on-campus.
- © Especially for runners a representative from MOMENTUM will be providing gait analysis and shoe fitting/technical gear guidance
- Healthful snacks
- Games and raffles

Cut out this ticket to e entered into a special "I read the Focal Point" raffle during the Fair



SPRING WELLNESS FAIR RAFFLE	SPRING WELLNESS	FAIR	RAFFL	LE TICKET
-----------------------------	-----------------	------	-------	-----------

Name____

I am a \square Student \square Faculty \square Staff

Best way to contact you _____

SPRING QUARTER 2005 EXAM SCHEDULE

DATE	L EXAMS ARE GIVEN AT 8:00-8:50		
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
14-Mar	BHS-111 Neuroanatomy		A 6 9 4 5 1 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
M	Room 1200-1203		
16-Mar W		BHS-256 Ocular Pharm	
	DI10 400 III 1 I	Room 1200-1203	
17-Mar	BHS-106 Histology		
W	Room 1200-1203		
18-Mar F		BHS 222 Theo & Physical Optics	
		Room 1200-1203	
21 Mar M		CLE-262.4 Binocular Anomalies	
22-Mar	DUC 440 Dhusialani	Room 1201-1202	
	BHS 116 Physiology		
T	Room 1200-1203		
23 Mar			CLE 379 Infant & Child Developme
W			
			Room 1201-1202
24-Mar TH	CLE-162.3 Optometry	BHS-263.2 Ocular Disease	
	Room 1200-1203	Room 1201-1202	
29-Mar	CLE-170 Physiological Optics	BHS-261 Physical Diagnosis	
T	Room 1200-1203	Room 1201-1202	
31-Mar TH			CLE 376.2 Strabismus & Amblyopia
	DUI 440 0 0		Room 1201-1202
01-Apr	BHS-140.2 Sensory	BHS 266 Micobiology	1 1
	Room 1200-1203	Room 1201-1202	100
4 Apr	BHS-111 Neuroanatomy		
	Room 1200-1203	DU0.050.0	0,
6 Apr		BHS-256 Ocular Pharm	
W		Room 1200-1203	
8 Apr	CLE 162.3 Optometry		
F	Room 1200-1203	X/)	
11 Apr	BHS-106 Histology	0,	
M	Room 1200-1203		· 在 考 性。 图 100 (ABS) — (C) (C)
12 Apr		CLE-262.4 Bir octular Anomalies	AL ALL SECTION OF THE
T		Room 200-1203	
14-Apr	CLE-170 Physiological Optics		BHS 364 Nuero-Ophthalmic Disorde
TH	Room 1200-1203	0	Room 1201-1202
15 Apr		BHS-263.2 Ocular Disease	
F	arry ar	Room 1200-1203	
18 Apr		BHS 222 Theo & Physical Optics	
M		Room 1200-1203	
19-Apr	BHS 116 Physiology		CLE 379 Infant & Child Developmer
T	Room 1200-1203	After Aller	Room 1201-1202
22-Apr	BHS-111 Neuroanatom	BHS-261 Physical Diagnosis	10 10 10 10 10 10 10 10 10 10 10 10 10 1
F	Room 1200-1208	Room 1201-1202	Vie no using two
25 Apr	BHS-140.2 Sensory		
M	Room 1200-1298		
26-Apr		BHS-256 Ocular Pharm	CLE 376.2 Strabismus & Amblyopia
T	.6	Room 1200-1203	Room 1201-1202
29-Apr	CLE-170 Physiological Optics	23 1 160	BHS 364 Nuero-Ophthalmic Disorde
F	Poom 1200-1203		Room 1201-1202
		DUC 200 Minchialanu	
2 May		BHS 266 Micobiology	
2 May M	BHS-106 Histology	Room 1200-1203	

4 May W Oidit/Red by Hingis College of Optometry Library



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

March 24, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out April 8, 2005, and the submission deadline is

AOA Leadership Scholarship **Congratulations**

Dr. Colip

Please join me in congratulating Tom Kline as the recipient of the 2005 Student Leadership Award. Tom is an outstanding leader and I am happy that he is here as a contributing member of the ICO student body.

Thanks to SVOSH Supporters members

Philip E. Sheridan.

SVOSH-ICO would like

to thank the following be so welcome. individuals for recent donations: Dr. Jeff Smith, Ken Weissman (Modern Optical), Perter Mastores (Volk) Optical), Sharon Teague (Cooper Vision), Dan Reberski (Star Ophthalmic Instruments), Mark Kerman (Kenmark Optical) and Dr. Neil Hodur who made a donation to honor the memory of

These donations support the efforts of WDSH-ICO volunteers to bring eye care to needy individuals at home and abroad. This year twenty two ICO students took part in mission trips that brought this much needed

service to Costa Rica, Jamaica and Honduras. These missions invaluable both in the experience it provides the students and the care received by patients who don't have other means of getting the eye care they need. For more information OSH mission trips please go

Congratulations

gues of the Year Award for 2005 go to:

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not

Anne Bradstreet, Meditations Divine and Moral, 1655

1st year - Nana Owusu 2nd year - Shauna Lushko 3rd year – Al Licup

Retirees

Joann Depue

We are losing two of

ICO's icons - Howard Hook, Facilities Clerk, and John Krystyniak, Chief of Security.

After 24 years, Howard has decided to become a "househusband," while wife, Priscilla, continues her career as a registered nurse. Way to go, Howard!

And, after 18 years, John and his wife, Sharon, are fulfilling lifelong dreams of moving out of state. Now, maybe they can figure out where they'll be settling. Will it be

Nevada or Arizona? Who wants to place their bets?

Good luck to you on all your future endeavors! It's been a pleasure knowing both of you.

Contact Lens Society

X-Cel will be sponsoring our last Lunch and Learn of the year! Please join us on Thursday, March 31st in room 1201 from 12:30 pm – 1:30pm.

Spotlight on the Library

Gerald Dujsik, Library Director Kathryn Johnston, Information Systems Librarian

Library Hours during Spring Break

Thursday, March 24, 8:00 am-5:00 pm Friday-Sunday, March 25-27, CLOSED Monday, March 28, Resume normal hours

New in the Library

Its spring! and many ICO students' thoughts turn to love. The Library has received two donated books on how-to-plan-your-wedding:

Checklist for a Perfect Wedding, BJ2051.F6 1993

Easy Wedding Planner, BJ2051 .L5 2000

The Library's recreational reading paperback collection may provide mystery, mayhem, comedy, or romance for everyone else.

The Library also has lectures and books on tape, DVD, and CD-ROM for those long trips during spring break. Most are selected to optometry, such as the COVD or Academy conferences, but the Library has also received donated copies of two novels on tape as well.

Third and Fourth Year Students

The Library has several books that may help you decide on where to go on externships or live after graduation:

Cities Ranked & Rated, Reference Reserve HT123.S64 2004.

Place Rated Almanac, Reference HN60.S3 2000, or Stacks HN60.S3 1997.

Reserves

Most reserve items may be checked out for the entire spring break weekend any time after 2:00 pm on Thursday, March 24. They will be due by 9:00 am on Monday, March 28.

iLink and VisionCite Access

The Library's online catalog is called iLink, and is divided into two parts: Shepard Library and VisionCite. Shepard Library serves as the catalog for all the books, journals, videos, CD-ROMs and other physical objects owned by the Library. VisionCite is a citation index listing articles on the eye, eye diseases, refraction, optics, reading disabilities, vision, and other topics related to optometry. Some of these articles are available online under Full Text Sources; others you have to find in the journals held by the Library.

To access iLink from on campus, enter http://icolibrary/libracy.htm. Click on iLink. You automatically then search ALL (Shepard Library and VisionCite), or may choose to search either VisionCite or the Shepard Library eatalog individually.

and then click on iLink. From off campus, only the Shepard Library can be searched UNLESS the user enters a User ID and PIN. Contact Kathryn Johnston, or one of the other Library staff to obtain your User ID and pin.

The Library provides access to VisionCite for free to all ICO students, faculty, and staff.

ICO Alumni and users from outside ICO may not access VisionCite from off-campus unless they subscribe to VisionCite. The VisionCite link on our webpage helps advertise its scope and cost. Please contact the Library Director, Gerald Dujsik, if an outside user or ICO alumni wants a free trial subscription to VisionCite.

MP3 Lecture Files.

Have you joined the Lectures group yet in TheView? You can listen or download the MP3 files for the Spring, 2005 lectures. See the instructions in the last issue which is still online on TheView. If you have any problems listening or downloading, please contact Mr. Dujsik.

Practice Opportunities Symposium

The lectures are available as MP3 files on TheView.

Poster Display

On display in the Library lobby is an Academy poster from Dr. Andrea McCann entitled "Erosive-Ulcerative Herpes Simplex Blepharitis." Stop by and view the work of your faculty but please direct all questions to the author.

Computer Printing

The Library's two photocopiers also serve as computer printers.

Computer print outs are free on these machines. The Ricoh machines not only print faster, but also can print front and back (duplex), automatically hole punch, and staple.

When viewing a document or PowerPoint presentation, click on "File" and then "Pkint."

Change the "Printer Name" to Ricoh 1st (first floor) or Ricoh-2nd (second floor.)

Click on "Properties."

Change "Duplex "to desired option: OFF, Open to Left, etc.

Choose "Staple" if desired.

Choose "Punch" if you want the printout to automatically have holes punched.

Have a joyous spring break and we look forward to seeing you in the Library!

Click on "OK" and "OK."

Keep ICO Clean

Dr. Colip

It would appear that some students have gotten a little lazy about cleaning up after themselves when leaving the Lecture Center. Since many students spend as much time in those rooms as you likely do at your homes, it would seem only logical that you should want to keep it clean. Not to mention out of common respect for each other. I could also add the poor impression that is made on guests of the College when they witness a "pig sty" Lecture Center. You might think "no harm to me", but alas you may be wrong. Some of those visitors could impact your futures (i.e. Legislators visiting to learn more about optometric education). The same folks that decide whether OD's (your future) prescribing privileges should increase....or perhaps be swept away. Now I'm not trying to equate passage of therapeutics legislation with a clean Lecture Center, but think about the impression made.

Let's all make a little extra effort to slean-up after ourselves, and remind those around us to extend the same courtesy. ICO's Facilities and Maintenance staff do a wonderful job of keeping the physical plant in top shape so that we can all be proud of where we go to school and work. But they can't be everywhere all the time. Let's all help-out by picking up the little stuff when we see it and let them devote their time to the big stuff.

ICO is your school - keep it clean. Enough said?

Have a great day!



Helpdesk Hot Hints

Ahmed Mohammad

How to specify your office hours in Groupwise

You can specify your office hours to avoid appearing to be available in Busy Search during hours when you are regularly not in the office. Your office hours also display in your Calendar.

- 1) Click Tools > Options.
- 2) Double-click Date & Time > click the Calendar tab.
- 3) Specify the time your work day begins in the Start Time box.
- 4) Specify the time your work day ends in the End Time box.
- 5) Click the days you work in the Work Days check boxes.

How to change an email to an appointment in Groupwise.

- 1) Double click on an email
- 2) Click on edit
- Click on "Change to" and select

Bookstore

After several years of data collection, analysis discussions involving students, alumni, faculty, administration, auditors and members of the Board of Trustees, the decision has to outsource ICO's bookstore made operations to an outside corporation, Matthews Medical and Scientific Books, Inc., effective March 24th, 2005

We would like to thank both Beverly Barnes and Keena Shelton for their years of service to ICO and their dedication for providing the very best for students.

"Eyes on the Road Ahead" Panel Discussion

You are invited to attend a panel discussion featuring a diverse group of successful ICO alumni who have taken different paths to successful practices. Dr. Elyse Chaglasian will moderate the discussion. Audience members are encouraged to participate by asking questions throughout the discussion.

Date: Thursday, April 7th

Time: 6:00 pm reception with refreshments,

6:30 - 8:30 pm panel discussion

Place: Lecture Center Foyer and Lecture

Center

This event is free for all students, faculty and staff. For more information, contact Connie Pietrzak in the Alumni Relations and CE office at ext. 7080 or cpietrzak@eyecare.ico.edu.

Sponsored by ICO and Aldon.

Consolidation ?

Important Questions and Answers About US Federal Loan Consolidation

Is consolidation a good idea?

Yes, with interest rates at historic lows, it is an excellent idea for almost everyone. You have the opportunity to lock in (permanently) a low interest rate. However, when you extend the terms to as long as 30 years, you end up paying far more in interest over the life of the loan (when compared to the standard 10-year repayment).

I get tons of calls and mail about consolidation. With whom should I consolidate?

Current 4th Year Students (CLASS OF 2005) - Generally, it is easiest to use whoever holds the largest portion of your loans (for most of you this will be IDAPP, www.idapp.org). The terms of federal consolidation loans are the same with every lender—the only differences could be in repayment incentives (along with issues related to customer service).

Current 1st, 2nd, & 3rd Year Students (CLASSES 2006, 2007, 2008) – Since you are still enrolled full time in school, the Department of Education (www.dl.ed.gov) is the only agency that can handle your loan consolidation request. Consolidation is a repayment option and all other agencies are not allowed to offer you a consolidation loan.

If next year's rates will be higher, when should I consolidate?

Start the process by May 16th, 2005.

Stafford interest rates for the current year are 2.77% for students in school. The rate for July 2005 – June 2006 will be set at the end of May 2005. As of February 17, 2005, rates for next year are 4.23%. You will definitely want to consolidate prior to July, 2005. If you begin the consolidation process prior to June 2005, everything should be completed by July (prior to the interest rate changing).

What do I need to do next?

The Financial Aid Office will send you a packet at the end of April, 2005. In the packet you will find loan consolidation application information, and general information regarding your loan responsibilities. You can call or drop by the office at any time with your loan questions.

If you have further questions, please fee free to contact the office!

Student Financial Services - Bryant Anderson

How You Helped in Haiti

Monday, March 28th FCO members will be giving a Haiti Presentation about what they did, who they met and how your raffle money donation helped many Haitian people this year. The presentation will begin at 6:30 pm in room 1202. Hope to see you there!

NBEQ III Practice Sessions

From Dr. Stephanie Messner

additional NBEO Part III practice sessions will be held this quarter. The first will be on Thursday, March 31 and the second on Thursday, April 7. Both will be held in

Suite I from 5:00-8:00 pm. All ICO fourth year students are welcome to participate. Bring a practice partner and your equipment. We will supply collagen plugs, ophthalmic materials and contact lenses/ solutions for your use. A faculty member and resident will be present to assist you. This is the last hurdle in the NBEO series and you only have one opportunity to pass before you graduate. Failure to pass will cause a delay in obtaining your license and ability to begin practice. While our pass rate is high (96% for the class of 2004) it is still important to familiarize oneself with the format of the examination and the behavioral objectives that are used for scoring. For more information, visit NBEO's web site at www.optometry.org.

Parking Reminder

Faculty, Staff, and Students: Please do not park in the circle drive at Indiana entrance and in the IEI patient banking lot. Thank you.



Commencement News

Commencement Activities

Mark your calendars for May 18th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 am on Saturday, May 21. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2005 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.

2005 Commencement Choir

Any faculty or O.D. degree candidates who would like to



be part of this year's commencement choir, please contact Kristin Cannon, box 322 or Rosemary Gonzalez, box 348 or email kcannon@eyedoc.ico.edu or Rosemary at rgonzalez@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

CLASSIFIEDS

More Volunteers Needed for Research Study

Dr. Daniel Roberts is currently searching for IEI/ICO employee and student volunteers to assist in a research project. Participants will have digital infrared photographs taken of the front of their eyes. By volunteering you will help facilitate the collection of normal images

of the iris that will become part of a large database that will aid future research involving the study of glaucoma and certain other forms of eye disease. The photographic procedure is quick, painless, and harmless, In order to participate, you must have had a complete eye exam that includes pupillary dilation at the IEI within the last year. Prior to photography, a routine test called gonioscopy will be necessary to document a normal drainage structure for fluid inside the eve. This test is quick and painless and carries minimal risk to you. For more information and to schedule an appointment time, please phone or email Dr. Roberts at x7318 or droberts@evecare.ico.edu.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLAROSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3 drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
National Optometric Student Association Service Award – 2005	NOSA member Good academic standing Brief statement	\$250	April 15, 2005
AOA CLCS Student Research Award	Membership in AOSA Present at AOA Contact Lens and Cornea Section's Annual AOA's 2005 Optometry's Meeting events	\$3,000 and air, hotel meal and plaque at CLCS Annual Business Meeting	April 15, 2005 to AOA CLCS office
The 2005 Dr. Seymour Galina Grant (Look under Galina)	 Third year student – class of 2006 in good standing in AOSA Paper not to exceed 1500 words on specific subject 	\$2,500	Papers due to Student Affairs Office April 15, 2005

Optometric Society of Greater Kansas City	 From Greater Kansas City area 2nd, 3rd, and 4th Years Based on GPA 	\$500	April 15, 2005 – to Optometric Society of Greater Kansas City
Hawaii Optometric Association Scholarship	 Hawaii resident 3 - 250 word statements answering questions 	\$1,000	April 15, 2005
Walman Optical Company Scholarship Program	Second or Third YearU.S. or Resident Aliens	\$500 - \$3,000	April 10, 2005 www.walman.com
Dr. Monty Friedow Memorial Scholarship South Dakota Affiliate American Foundation for Vision Awareness (Look under Friedow)	 South Dakota Resident 3rd or 4th Year Upper half of Class 	\$1000	Before April 21, 2005
American Foundation for Vision Awareness — Michigan Affiliate	 Resident of Michigan 3rd Year B average or better Need financial assistance Plan to practice in Michigan 	\$1,000 or more	May 1, 2005
Dr Robert Johnson Pediatric/Vision Therapy Award (Look under NOSA)	 GPA of 2.5 or higher 3 or 4 year NOSA Member Community Involvement 300 word or less paper 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
John L. Howlette and C. Clayton Powell Student Founders Award (Look under NOSA)	 GPA of 3 or higher 1, 2 or 3 year NOSA Member Leadership in profession 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
The Cave Memorial Award (Look under NOSA)	 NOSA Member Financial Need Community Involvement GPA of 3.5 or better 1, 2 or year 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
Polish Women's Civic Club, Inc.	U Stizen One parent of Polish heritage Chicago Area Resident Full time student Acceptable grades	No amount specified	July 1, 2005

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Weight Watchers at Work Program
Join as for a FREE Open house meeting on
Monday, March 28 at 1:00 pm in the Low
Vision Conference Room. No registration fee,

and payroll deduction options are available. For more information contact Shelby at X7460.

Polar Bear 2005

The 2005 annual official *Polar Bear Run* program has come to an end, and congratulations are certainly in order to the

following people, all of whom can now call themselves official Polar Bears!

Diane Altman, Bobbie Barsness, Kathryn Baruch, Mike Budahn, Scott Collings, Sandra Engram, Nathaniel Erdman, Ashley Firby, Jennifer Gula, Katie Hertzberg, Dr. Lesher, Lynn Lesher, Laurie Montcalm, Colleen Morrissey, Troy Myers, Duong Nguyen, Dr. Owens, Nina Sera, Stephan Smith, Shannon Smith, Emily Southcott, Calvilena Thurman, Tara VanDeWyngaerde, Allie Widemann, Dr. Winters, Eric Witzenburg, and Carrie Wright.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday March 30 and Wednesday, April 13.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your work out.

The ICO titness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily

Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Lowering Cholesterol: Diet vs. Drugs

A diet rich in ther and vegetables can lower cholesterol levels just as much as taking a statin drug, according to a new research published in the American Journal of Clinical Nutrition. A "portfolio diet" high in plant sterols, soy protein, almonds and high fiber foods such as oats, barley, psyllium, and the vegetables eggplant and okra was created. Thirty-four healthy men and women with high cholesterol levels followed the diet for four weeks. Additionally, each participant followed a low-fat diet and a low-fat diet with lovastatin (a cholesterol-lowering drug) for four weeks at a time.

Blood cholesterol levels were measured at the beginning, middle and end of each treatment cycle. Researchers concluded that the low-fat diet lowered LDL by 8.5 percent. And while the low-fat diet with medication lowered LDL by 33 percent, the "portfolio diet" had nearly the same effect, lowering LDL by about 30 percent.

This information is provided by ACE Fitness Matters



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

April 8, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out April 22, 2005, and the submission deadline is April 20.



CAMPUSNEWS

Scholarship Congratulations

Congratulations to 4th year student Alok Sharma and 1st year student Michelle Markowitz for receiving the Zeki Nur International Student Scholarship for the 2005-06 academic year.

Courtney Sivertson's paper has been selected to be ICO's nominee for the Patrick Everet Cummings Memorial Scholarship. One overall recipient will be selected from all applications received by the AOA. Good luck, Courtney.

Mathew Broschak has been selected to receive the Hanson Financial Services Scholarship.

Icem Brewer has been selected to receive the Varilux Student Grant Award.

Mandy Mataya and Emmylou Hoeft were nominated for the AOSA-Vistakon Travel Gran Essay Contes.

Kudos to all for being involved.

Congratulations ICO Author

ICO Student/Author Sarah Manongdo co-wrote the book "How to Buy Everything for Your Wedding on eBay and Save a Fortune!". It is being published by McGraw-Hill in May and is already available on sale at www.amazon.com.

Meadowlarks give lusty cheers when spring appears when spring appears.

Buds and seeds prick up their ears and blades of grass show eager spears.

weep tears
when spring appears
when spring appears.
- Aileen Fisher

American Red Cross Blood Drive

In conjunction with the Red Cross, the Student Association is hosting a Spring Blood Drive. It will be held Friday, April 22nd in the Gym from 11:00 am to 3:00 pm. If you have questions, please contact Tirsha Dukes at 312-949-7936 or email at tdukes@eyedoc.ico.edu.

COVD Panel Discussion

COVD is sponsoring a panel discussion on Wednesday,

April 20 at 6:30 pm in the Library Conference Room. The discussion will include: how to start vision therapy in your practice, how to be successful with vision therapy, and what training do I need to incorporate vision therapy into my practice? Please join us! *Treacy Adamo, COVD Local Liaison*

Opening a Practice Cold

... is the first in a lecture series of various interesting topics. Come hear Doug Nore present "Opening a Practice Cold" on Wednesday, April 20, 2005 at 6:00 pm in the ICO Lecture Center. Refreshments will be served after this event! This event is presented to all students, faculty, and staff by NOSA and Wal-Mart. Email nosa ico@yahoo.com for more information.

NOSA Elections 2005

NOSA will hold elections for officers for the 2005-2006 year on April 12, 2005. Elections will be held at 6:00 pm in the Library Conference Room. If you are a current member of NOSA and would like to run for a position, please be prepared to speak briefly about your qualifications and motivations on Tuesday. For more information, please see the NOSA display board or e-mail us at nosa ico@yahoo.com.

Winners!

March Madness - Wellness Program Raffle

Thanks to everyone who participated in the Spring Wellness Program on March 17th! The raffle winners were:

Daisy Varkalis - Pedometer

Bi Li - Bed, Bath & Beyond gift certificate

Ali Harapiak - Bath & Bodyworks certificate

Sharon Uher - Body Shoppe gift certificate

Kevin Reynolds - ICO Bookstor

Mandy Mataya - Subway gift certificate

Kayle Haws - Food and Mood 2nd ed): The

Complete Guide To Eating Well and Feeling

Your Best by Elizabeth Comer Diditized by His

Ahmed Mohammad - asketball

Helpdesk Hot Hints

Ahmed Mohammad

Freeze Excel column and row titles.

When you work with a large Excel worksheet, it's often difficult to remember what kind of data is in your columns and rows once you begin scrolling around the sheet and lose sight of the column and row headings. Fortunately, you can freeze rows and columns that contain headings so you know what data you're looking at.

To freeze a row, select the row number or the cell in column A that's immediately beneath the last row you want frozen. Then, select Window | Freeze Panes from the menu bar. Excel inserts a thin line to show you where the frozen pane begins. To freeze a column, select the column letter or the cell in row 1 that's immediately to the right of the last column you want frozen. To freeze horizontal and vertical areas simultaneously, select the cell that's in the upper left corner of the range you want to remain sorollable and then invoke the Freeze Panes feature. If you later want to make all regions scrollable again, simply select Window | Unfreeze Panes from the menu bas

Tips from New Horizon Computer learning center.

Parkina

Faculty, Staff and Students: Please do not park in the circle drive at Indiana entrance and in the IEI patient parking lot. Tickets will be issued to violators.

Please read all parking signs out on the street and obey them. Chicago parking fines are very steep.

Lost Items

Security reminder: students, if you have lost any items in the last month. Please come up to the Security Office and claim them.

Jump Start Your Career

New Practitioner Education program – Back by popular demand!

The New Practitioner Practice Management Program at Optometry's Meeting™ 2004 was such a success that the program will be offered again at Optometry's Meeting™. 2005 in Dallas. This full day program will take place on Saturday, June 25. New practitioners. including 2005 graduates and those in practice up to 5 years, qualify to register for the program (must be AOA members). Space is limited and is on a first come, first served basis. Course fees were paid for in advance from a generous education grant given by CIBA Vision, A Novartis Company. Throughout the day, several PDAs will be given away. Registration is required as entrance to the program.

The format for this year's program is the same as last year's program and will be based on the "Speed Dating" concept. A panel of speakers (in both morning and afternoon sessions) will briefly present their topic highlights. After all speakers have made a 5 – 7 minute presentation, each speaker will spend time rotating from table to table, in order for attendees to ask questions and learn information in a small group setting.

A free buffet lunch will be provided for the registered New Practitioners. During the funch period, a brief presentation will be given on AOA benefits as it relates to New Practitioners. The majority of the session will showcase Optometry's Career Center® (OCC). OCC is a hational, online career matching service for optometric opportunity providers and seekers and an online resource center, with helpful articles and much more. OCC has recently been updated with a fresh look and many new features. Besides the presentations, attendees will have time to enjoy lunch and network with colleagues.

Topics include the following:

- Dept Management
- Negotiation Tips for New Associates

- ➢ Buy/Sell Contracts
- The Intricacies of Leasing from an Optical Corporation
- Obtaining Financing
- Billing and Coding Third Party Insurance
- Setting Up an Optical Dispensary
- Compartmentalizing Your Practice
- Technology in Practice What you Do and Do Not Need
- Networking Your Practice

In Addition to the above sessions, the day will end with a one hour panel presentation and question/answer session on "Women Issues in Optometry". This panel presentation is a new feature of this year's program. Optometry's Meeting New Practitioner Project Team for 2004-2005 Chair, Keith Davis, O.D. said, "Due to the changing demographics of the profession, the project team felt it was extremely important to add this session to the day's programming."

New Practitioners mark your calendars to attend "Jump Start Your Career", register at www.optometrysmeeting.org for course #0310. If you have any questions or need additional information, contact Linda Smith at LDSmith@aoa.org or 1-800-365-2219, extension 151

Spotlight on the Library

Kathryn Johnston, Information Systems Librarian

New in the Library

The following books should be on the new book shelf, beside the first floor photocopier, unless they already have been checked out.

The Library also buys books to assist patients or relating to vision, such as *More Optical Illusions*, by Al Seckel {QP495.S434 2002}, which has amazing optical illusions of interest to everyone from children and optometrists. *Developing Ocular Motor and Visual Perceptual Skills: An Activity Workbook*, by

Kenneth A. Lane {RE48.2.C5L358 2005} and Living with Low Vision: a Resource Guide for People with Sight Loss, 7th ed. {RE952.5.L5 2005} would be useful to patients and the public.

Professional Reading

Endophthalmitis: Diagnosis and Treatment, edited by Peyman, Lee, and Seal. RE351.E52 2004

Nutrition and the Eye: Basic and Clinical Research, Developments in Ophthalmology. RE1.D4 v.38 2005

Pediatric Ophthalmology and Strabismus, 3rd ed., edited by Taylor Hoyt. RE48.2 .C5 T38 2005

Visual Agnosia, by Martha Farah, RC394.V57 F3 2004

Medical Management of G Laucomas, by James C. Tsai, Max Forbes. RE871.T73 2004

Medical Contact Lens Practice, by Elisabeth A.W. Millis. RE977.C6 M565 2005

Macular Degeneration, edited by Penfold and Provis. RE661.M3 M331 2005

Management of Cataracts and Glaucoma, edited by Coleman and Morrison. RE451.M346 2005

Uveitis and Immunological Disorders, edited by Pleyer and Mondino. RE351.U94 2005 Focus on Macular Degeneration Research, edited by Ioseliani. RE661.D3 F63 2004

Taxes

United States and Illinois tax forms and instruction booklets are available to the Library. The Library also has to ROMs that may be checked out for a week from both the federal and Illinois IRS that include all the tax forms used by that government. Tax instructions and forms also are available online at http://www.irs.gov for United States federal resources and at http://www.revenue. State.il.us/ for Illinois. Illinois allows free electronic filing via the internet. You use their website and do not need to buy tax software. The United States IRS also has free tax software and efiling available through their website as well. The Library has a laptop

computer that students may check out for 24 hours.

Optometry Websites

"Eye Resources on the Internet" and the "Subject Guide to Internet Resources in Vision Science" are maintained by the Association of Vision Science Librarians, and are wonderful starting places for finding eye care dictionaries, statistics, tutorials, patient information, associations and other eye-related websites.

There are two tutorials in particular that students are finding useful for studying for boards: "Digital Journal of Ophthalmology" http://www.djo.harvard.edu/ and the "University of Manitoba Internet Tutorial" http://www.umanitoba.ca/faculties/medicine/units/ophthalmology/tutorial.htm.

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

NEO Faculty Lecture in New England

ICO faculty member, Dr. Dominick Maino, professor of Pediatrics, recently lectured at the Eastern States Optometric Conference in Greenwich, CT. He spoke on the diagnosis and management of eye and vision problems (including vision therapy) for those with developmental disability. He also spoke at the Neuro-Optometric Rehabilitation Association (NORA) meeting held at the Palmer House in Chicago a couple of weeks ago. Drs. Len Messner and Michael Zost gave lectures at the NORA meeting as well. Photographs of these events can be found at Dr. Maino's photography site web http://www. dmphotoart.net. The presentation handouts/program handouts will soon be available in ICO's library.

Commencement News

Commencement Activities

Mark your calendars for May 18th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend.

Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 21. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2005 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

2005 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's



commencement choir, please contact Kristin Cannon, box 322 or Rosemary Gonzalez, box 348 or email kcannon@eyedoc.ico.edu or Rosemary at rgonzalez@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

CLASSIFI DS

Summer Work Studies Needed
The following positions are needed:

Suite Technicians

Mon 3:45-6:30 pm Suite I Wed 3:45-6:30 pm Suite I Sat 8:45 12 Suite I and II

Calling Patients -

Fri any 3 hour time block

Recalling Patients -

Mon - any 3 hour time block

Wed - any 3 hour time block Fri - any 3 hour time block

> Front Desk Assistant -Sat - 9-11 am

If interested please contact Dr. Anne Rozwat at aspies@eyecare.ico.edu

More Volunteers Needed for Research Study

Dr. Daniel Roberts is currently searching for IEI/ICO employee and student volunteers to assist in a research project. Participants will have digital infrared photographs taken of the front of their eyes. By volunteering you will help facilitate the collection of normal images of the iris that will become part of a large database that will aid future research involving the study of glaucoma and certain other forms of eye disease. The photographic procedure is quick painless, and harmless. In order to participate, you must have had a complete eye exam that includes pupillary dilation at the IEI within the last year. Prior to photography, a routine test called gonioscopy with the necessary to document a normal drainage structure for fluid inside the eye. This test is quick and painless and carries minimal risk to you. For more information and to schedule an appointment time, please phone or email Dr. Roberts at x7318 or droberts@eyecare.ico.edu.

Phonathon callers needed!

Are you outgoing, personable, with a competitive spirit? Would you like to learn more about



practicing optometry, while raising money for ICO? If so, your skills, enthusiasm and drive are needed for our annual fund phonathon. The phonathon will be held the weeks of April 11 and April 18. Come be a part of the fun...food and training provided, flexible hours! Work-study hours available. Contact Felicia at 7071 or stop by Institutional Advancement.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship		Who's Eligible	Amount	Deadline
Walman Optical Company Scholarship Program		Second or Third Year U.S. or Resident Aliens	\$500 - \$3,000	April 10, 2005 www.walman.com
National Optometric Student Association Service Award – 2005	•	NOSA member Good academic standing Brief statement	\$250	April 15, 2005
AOA CLCS Student Research Award	•	"Best" research paper Membership in AOSA Present at AOA Contact Lens and Cornea Section's Annual AOA's 2005 Optometry's Meeting events	\$3,000 and air, hotel meal and plaque at CLSS Annual Business Meeting	April 15, 2005 to AOA CLCS office
The 2005 Dr. Seymour Galina Grant (Look under Galina)		Third year student – class of 2006 in good standing in AOSA Paper not to exceed 1500 words on specific subject	\$2,500	Papers due to Student Affairs Office April 15, 2005
Optometric Society of Greater Kansas City		From Greater Kansas City area 2 nd , 3 rd , and 4 th Years Based on GPA	\$500	April 15, 2005 – to Optometric Society of Greater Kansas City
Hawaii Optometric Association Scholarship	Co	Hawaii resident 3 - 250 word statements answering questions	\$1,000	April 15, 2005
Dr. Monty Friedow Memorial Scholarship South Dakota Affiliate American Foundation for Vision Awareness (Look under Friedow)		South Dakota Resident 3 rd or 4 th Year Upper half of Class	\$1000	Before April 21, 2005

American Foundation for Vision Awareness — Michigan Affiliate	 Resident of Michigan 3rd Year B average or better Need financial assistance Plan to practice in Michigan 	\$1,000 or more	May 1, 2005
Dr Robert Johnson Pediatric/Vision Therapy Award (Look under NOSA)	 GPA of 2.5 or higher 3 or 4 year NOSA Member Community Involvement 300 word or less paper 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
John L. Howlette and C. Clayton Powell Student Founders Award (Look under NOSA)	 GPA of 3 or higher 1, 2 or 3 year NOSA Member Leadership in profession 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
The Cave Memorial Award (Look under NOSA)	 NOSA Member Financial Need Community Involvement GPA of 2.5 or better 1, 2 or 3 Year 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of Polish heritage Chicago Area Resident Full time student Acceptable grades 	No amount specified	July 1, 2005
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	 2nd years or above Resident of Wisconsin AOSA member Letters of recommendation 	\$250 - \$750	August 15, 2005 to Wisconsin Optometric Association, 5721 Odana Road, Madison, WI 53719

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

JPMorgan Chase Corporate Challenge

The Illinois College of Optometry Would like to

invite all its employees, students, family and friends to participate in the 2005 JPMorgan Chase Corporate Challenge® 3.5 mile run/walk. The event will take place on Thursday,



May 26, 2005 at 7:00 pm in Grant Park. All participants will receive a FREE ICO team shirt! Those interested in participating need to visit www.jpmor- ganchasecc.com and register under chicago by Wednesday, May 2. Submissions

received after this date will not receive a t-shirt.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, April 13 and Wednesday, April 27.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors

and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46,

Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave.

your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Choose Healthier Beef Cuts

Eye round, top sirloin, rib eye, and T-bone steak are among the cuts of beef that meet government guidelines for lean meet (fewer than 10 grams total fat, 4.5 grams saturated fat per 3-ounce serving), according to the American Heart Association. Look for the works "round" or "loin" in the name or, for ground beef, 9 percent fat or less on the label. Also trim away visible fat before cooking, and use low-fat

preparations, such as grilling.

This information is provided by Consumer

The roofs are spining from the rain, The sparrows twitter as they fly,
And with a windy April grace, The little clouds go by.

Yet the back yards are bare and brown, With only one unchanging tree--

- Sara Teasdale, April

ATTENTION STUDENTS ATTENDING THE 2005 ARVO or AOA MEETINGS

Due to the generosity of the Dean's office, travel fellowships are available for ICO students and residents attending the ARVO and AOA meetings. The amount and number of fellowships will be dependent on the number of students applying and their level of activity in the organizations. Any ICO third or fourth year student or resident may apply for a travel fellowship. (Any first or second year student presenting a poster is also eligible for an award.)

**Preference will be given to students who are presenting a poster or paper at the meeting, who are actively involved in the organization, and who are pursuing a residency, a career in optometric research or education and who are actively involved in other ICO student organizations. If you are interested please complete the following instructions.

1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your specific contribution to work to be presented or your involvement in the organization as well as explaining your motivation to attend the meeting. **

2. If you are presenting a poster at the meeting please include a copy of the abstract as it

was submitted to the organization.

· You must specify the order of authorship as it was submitted.

You must also include a copy of the acceptance statement from ARVO or AOA.

 If you had a poster abstract submitted and rejected, please include a statement about the intended presentation along with a copy of the abstract.

3. A **short written statement must be submitted from a faculty** member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.

4. Turn the completed statement with supporting documents in to Dr. Mary Flynn Roberts by 5 PM, April 20, 2005. You can place the statement in my mailbox, send it to me via e-mail at mflynn@eyecare.ico.edu er fax it to my attention at (312) 949-7653.

5. Include your name, box number or address, e-mail address, and class year on the statement. A phone number is also helpful if the committee needs additional information.

YOU,
DR. FLYNN COBERTS A committee of five ICO faculty members will review the statements and designate the award recipients. Any student awarded a travel fellowship from any other organization will not be eligible for this award and the money will be then given to another student.

Oidit/Red by Illinois College of Optometry Library



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

April 22, 2005

than endings."

Dave Weinbaum

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out May 6, 2005, and the submission deadline is May 4.

4th Year Commencement Capstone Program

The Commencement Capstone Program is designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.

The date is Wednesday, May 18th and the day will start at 12:20 pm as your Class will be welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal. In years past parking at U of The secret to a rich life is C during the week has been extremely difficult (imagine circling for hours for a parking spot as your classmates rehearsed!) to have more beginnings

The agenda for the day is listed below:

Graduates board Trolleys to Rockefeller Chap 12:20 pm

1:00 pm Commencement Rehearsal at Rockefeller

Capstone sponsors on campus to set up Information Tables 2:30 pm

3:00 pm Graduates board Trolleys at Rockefeller Chapel to return to ICO

Graduates arrive on campus, Graduates to mingle & visit sponsor Information 3:30 pm

Tables "Taste of Chicago at ICO"

4:15 pm 4th Year Awards Presentation & dessert

Graduates to ming exvisit sponsor Information Tables 5:00 pm

Commencement Capstone Raffle (winner needs to be present in Gym to win) 5:30 pm

> Cap and Gown Pickup (President's Circle Lounge) Yearbook Distribution (outside of Library – main floor)

Commencement News

Commencement is held at Rockefeller Chapel on the carbous of the University of Chicago at 11:00 and on Saturday, May 21. Rockefeller Charlel is located at 5850 S. Woodlawn Ave. reception honoring the Class of 2005 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Commencement Speaker

Karla Zadnik, O.D., Ph.D., Associate Dean for Research and Graduate Studies at Ohio State University College of Optometry, is one of the first O.D.s to secure major funding for multilongitudinal research projects. Currently, she leads two NEI-funded studies. Dr. Zadnick is known for her enormous contributions to the world of vision science.

Student Association Scholarship

Every year, ICO Student Association sponsors an essay contest in order to reward those students willing to provide input on important issues facing the profession. This year, two scholarships will be awarded: first prize, \$1000, second prize \$750. This year's essay question is as follows:

"What steps can be taken to increase collegiality between optometrists and ophthalmologists, in an effort to provide optimal patient care and to maximize scope of practice for both professions?"

If interested, please submit an essay containing no more than 1000 words to Lexie Franzeen, Box 516, by Monday, May 2nd.

Fourth year students away on externship may email their essays to Ifranzeen@

eyedoc.ico.edu. The essays will be judged by the Student Association Executive Board, and the winners notified that week. Thanks, and good luck!

Lexie Franzeen, ICO Student Association Secretary

Congratulations to 2005 NOSA Service Scholarship Recipient

Congratulations to Pooja Anand (1st year). She is the recipient of the 2005 NOSA Service Scholarship. Among other qualifications, this award is given at NOSA member at Illinois College of Optometry who has demonstrated excellence in service to the organization.

Congratulations to the 2005 AOSA Quiz Bowl Winner

SAERMAN TUNG!!!!!

AOSA would also like to thank these individuals who helped with the quiz bowl: Dr. Hodur, ICO Student Association, Rasa Waksimaviciute, Dr. Sears, Kathy Brownfield,

Kathy Ortiz, Dr. Zoltoski, Ali Harapiak, Manoj Abraham, Dr. Trachimowicz, Jae Song, Katie Narbone, Dr. Brandonisio, Scott Collins, Dr. Kelly, Dodge Perry, Dr. Goodfellow, Timothy Wilson, Al Licup, Facilities Dept., Alcon, and Erma Chavez.

Congrats to Stephany Vong who won the \$250 travel voucher.

Also a HUGE THANK YOU to the contestants:

First years: Danny Mus and Michael Budahn **Second years:** Amanda Hobbs and Tim Beyer

Third years: Sherman Tung and Courtney Sivertson

Fourth years: Chris Vuorenmaa and Gene Grinman

2005 ICO Optic Cup of Dodgeball

The winners of the inaugural ICO Optic Cup of Dodgeball were the Hawkeyes. Team members Elic Witzenburg, Matt Kunkel, Justin Weigel, Todd Piedig and Beth Snyder dipped ducked, dived and dodged their way to the championship over a tough Banana tammocks squad in a field of 10 teams. The Banana Hammocks won the "Patches O'Houlihan Wrench Trophy" as runners up and "Great Scott! And the OKs" took home prizes for best costume. Thank you to all who participated in the tournament and to everyone who came out to watch (especially Pooja and Radha Anand for timekeeping). It was a great time and will be even bigger and better next year.

If anyone happened to take pictures at the tournament... could you email them to nater_30@yahoo.ca or burn them on a cd and put them in Box 31? It would be greatly appreciated. Thanks,

Nathaniel DellaVedova
ICO Director of Intramural Sports

ongratulations

New Officers

NOSA Officers

Congratulations to the 2005-06 NOSA Officers

President: Joeseph Pruitt

Vice President/President Elect: LaKitta

Woods

Treasurer: Priscilla Ramos Parlimentarian: Allison Moir

Recording Secretary: Radha Anand Corresponding Secretary: Renee Phipps

NOSA-ICO Delegate: Pooia Anand

Historian: Cerella Wade

*Jason Blowe will assume the position of

NOSA National President

SVOSH Officers

Congratulations to the 2005-06 SVOSH Officers

President: Priscilla Ramos President-Elect: Brian Dowling Secretary: Amanda Hobbs

Treasurer: Michelle Fitzapatrick Fundraising Chair: Allison Moir Local Mission Chair: Jessica Tran

Letter Writing Campaign Chair: Barbara Smith 3rd Year Class-Reps: Megan Ambeault &

Kristin Skluzack

2nd Year Class Reps: Karen DeLoss & Kristie

Congratulations to the 2005-06 R.C. Staff Amanda Hobbs – Head RA Floor RA's: Mandy Met

Vandendool

Ne Drabinsky

RC Programming:

Anders Hansson and Michaela Thompson

Dean's List

The following full-time students achieved superior academic performance during the Winter, 2004 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Adamo, Treacy M. Y3 Alchriti, Manal H. Y2 Alibhai, Sofiya Z. Y4 Allen, Megan S. Y2 Ambeault, Megan L. Y2 Amundson, Erika K. Y4 Anand, Pooja Y1 Anand, Radha Y1 Anderson, Nicholas T. Y1 Anderson, Valerie R. Y4 Arrott. Brook Y3 Asano, Kaori Y3 Austin, Laura A. Y3 Awan, Zainab R. Y2 Baas, Eric A. Y3 Bader, Rebeco Y4 Baker, Joshua C Y4 Bartels, Amber E. Y1 Bayard Melissa H. Y4 Beigiert, Loretta M. Y3 Betterly, Sara R. Y2 Beyer, Timothy M. Y2 Beynon, Chad D. Y4 Birnbaum, Suzanne J. Y2 Bodker, Aliisa A. Y3 Bolinger, Melanie J. Y4 Boryszak, Ethan J. Y4 Boucher, Kelly A. Y4 Brafman, Shana B. Y2 Bratcher, Jason A. Y4 Brookshire, Barbra Y4 Broschak, Mathew J. Y4 Budahn, Michael S. Y1 Bui, Wendy U. Y3 Burke, Robert E. Y1 Bush. Eileen M. Y1 Camen, Jesse Ann Y1

Cannon, Kristin K.

Carlson, Tammi L.

Carter, Anthony B.

Charo, Kathleen T.

Charoenchote, Wanwalee

Y4

Y3

Y2

Y3

Y2

Chaudhery, Shmyla	Y2	Havens, Erin E.	Y2
Cheng, Emerson	Y3	Haws, Kayle L.	Y3
Choi, Albert	Y1	Heineman, Brooke J.	Y1
Choi, Jamie H.	Y1	Hennelly, Colleen P.	Y4
Chu, Angela	Y4	Herman, Tate M.	Y2
Chu, Elizabeth F.	Y4	Hobbs, Amanda M.	
Cleveland, Charlene L.	Y2		Y2
Colander, Brian M.	Y4	Hoeft, Emmylou T. Hutchins, Rachel A.	Y3
Collings, Scott B.	Y1	Hwang, Grace J.	Y1 Y3
Corgiat, Elise M.	Y4	Johansen, Jay M.	
Corl, Timothy R.	Y2	Johan, Navpreet	Y4
Coscione, Luciana M.	Y3	Jones, Jordan P.	Y3
Crown, Jennifer R.	Y3		Y1
Dhillon, Manveer K.	Y1	Jones, Kevin R. Jones, Matthew R.	Y1
Dokken, Seth A.	Y1		Y1
Doyle, Nicholas R.	Y1	Kart, Alisa	Y3
Draper, Megan M.	Y3	Kaur, Bimal	Y2
Drosis, Tanya	Y2	Kechker, Tanya	Y2
Dzik, Jeffrey D.	Y3	Khan, Nadia K.	Y1
Elston, Phillip R.	Y4	Khan, Saira N.	Y4
Erickson, Kendra D.	Y4	Kim, Esther Y.	Y4
Eschmann, Alan P.	Y2	Kim, Yoomi	Y1
Feiler, Breeze	Y4	King, Jaime L.	Y3
Feldman, Kristie A.	Y3	Kingus, Robert T.	Y3
Finley, Maureen K	Y2	Klemens, Adam B.	Y4
Firby, Ashley	Y1	Kleva, Julie	Y4
Fischer, Londa L.	Y2	Kljajich, Juliana	Y2
Franzeen, Lexie L.	Y3	Ko, Anita M	Y1
Frisbie, Laura M.	Y4	Kolodziejczyk, Jennifer G.	Y1
Fuller, Lisa J.	Y4	kremer, Kara S.	Y1
Galbrecht, Diane M.	Y3	Mibicki, Leon F.	Y4
Gandhi, Vandana K.	Y1	Kumar, Vikas	Y3
Garey, Jason T.	Y4 6	LaBrosse, Deana R.	Y4
Gheorghe-Youssefi, Maria L.	Y3 (Lam, Leonard C.	Y4
Gill, Sukhvinder K.		Larson, Tamra L.	Y2
Goel, Puja S.	2	Lee, Joo W.	Y3
Gonzalez, Rosemary A.	200	Lee, Lina	Y1
Gooding, Cheryl L.	Y3	Lee, So Yeon	Y3
Goss, Kimberley D.	Y1	Lindemulder, Janna F.	Y2
Gregg, Sarah J.	Y3	Lloyd, Crystal G.	Y1
Grinman, Yevgeny	Y4	Lloyd, Emily A.	Y2
Grostick, Darcy L.	Y3	Lock, Jenessa A.	Y3
Gunina, Mariya	Y4	Loy, Jeremy E.	Y4
Habib, Rogel	Y1	Luker, Lindsay A.	Y4
Hansen Amy E.	Y 1	Ly, Huong D.	Y2
Hapher Evan D.	Y4 Y1	Lynch, Todd A.	Y2
Harthan, Jennifer S.	Y3	Markowitz, Michelle	Y1
Parvey, Andrew M.	Y2	Martindale, Katie C.	Y3
Harvey, Mariah I.	Y2 Y1	Mathes, Marcie J.	Y4
Trialvey, ivialian I.	11	McKinney, Kelly M.	- Y4



	McLeod, Heather M.	Y3	Smith, Jinaki T.	Y4
	Meeks, Justin J.	Y2	Smith, Sinaki 1. Smith, Kimberly D.	Y1
	Mercado, Jennifer C.	Y4	Smith, Stefan M.	Y1
	Michalik, Emily S.	Y4	Snyder, Beth A.	Y2
	Mistry, Kamini D.	Y3	Sommer, Jennifer L.	Y1
	Mohamed, Rezah	Y4	Stearns, Jeanette	Y4
	Mokaya, Elizabeth S.	Y3	Strickler, Crystal H.	Y3
	Morrissey, Colleen M.	Y3	Strombeck, Tracey J.	Y1
	Mus, Danny	Y1	Szafranski, Alison F.	Y3
	Needham, Andrea M.	Y1	Szafranski, Carly L.	Y2
	Neighbors, Jeffrey J.	Y4	Templeman, Carrah D.	Y4
	Nelson-Dowding, Johanna M.	Y4	Thomas, Abby M.	Y3
	Nguyen, Duong D.	Y1	Thompson, Kelly R.	
	Nguyen, Lynh H.	Y4		Y4
	Nguyen, Mindy C.	Y4	Thompson, Michaela J.	Y1
			Tomlin, Samantha P.	Y1
	Paik, Andrew M. Park, Jin H.	Y1	Toppen, Eric M.	Y4
		Y1	Tran, Susan T.	Y3
	Patel, Shreya N.	Y1	Tremayne, Gary R.	Y4
	Patel, Sonal R.	Y2	Tsang, Timothy H.	Y3
	Paterson, Margarita K.	Y4	Tung, Sherman G.	Y3
	Penney, Rachel L.	Y1	Valters, Tricia C.	Y4
	Perry, William D.	Y1	Van Vark, Michelle D.	Y1
	Petkovic, Mila	Y4	VanDeWyngaerde, Tara N.	Y2
	Petraitis, Meagan J.	Y1	VanDyke, Angela M.	Y1
	Pietig, Todd R.	Y2	Vandendoo, Andrea J.	Y1
	Pleviak, Cara A.	Y4	Varghese, Shinu P Myalil	Y4
	Plug, Jennifer L.	Y2	Veire, Evan J.	Y1
	Prawdzik, Karyn B.	Y2	ergin, Jacob B.	Y2
	Prettyman, Jessica L.	Y1 (Vien, Lee Q.	Y1
	Raguindin, Liezl N.	Y3 X	Vincelli, Nicholas C.	Y4
	Ramos, Priscilla L.	Y2	Vuorenmaa, Chris B.	Y4
	Ratnasingam, Umashankar	Y4	Waters, Tilena B.	Y3
	Reynolds, Tonya M.	XX	Webb, Paul B.	Y3
	Rieman, Megan J.	(a)	Wei, Jolyn	Y1
	Ritter, Heather A.	?) Y3	Weibert, Julie M.	Y4
	Robinson, Gillian M.	Y2	Wilson, Timothy N.	Y3
	Rogoza, Krista B.	Y2	Winckler, Mark R.	Y3
	Rottinghaus, Charles 4.	Y4	Wong, Vanessa	Y1
	Rovenstine, Sharon M	Y1	Woo, Andrea C.	Y1
	Sanders, Elizabeth A	Y3	Woodruff, Steven R.	NE
	Sanford, Sue Ann	Y4	Wright, Carrie C.	Y2
		Y4		Y2 Y3
	Schwan, Regina D. Sharma Alok	Y4 Y4	Wu, Michael K.	
			Wyckoff, Karen A.	Y2
	Sierszylski, Monica B.	Y2	Yarzak, Ellen R.	Y2
	Sitsby, Erin L.	Y4	Young, Heather L.	Y4
7	Singh, Neal I.	Y4	Young, Lisa M.	Y4
	Sivertson, Courtney R.	Y3	Youngwirth, Brandy	Y4
.10	Skluzacek, Kristin M.	Y2	Yun, Mikyung	Y4
:*//	Smith, Barbara M.	¥2	Zaker, Joseph F.	Y2
. 410		5		
110				

Contact Lens Society

Reminder: "Building Your Practice with Contact Lenses" symposium on Sunday, April 24th 12:30 – 4 pm. will be at the Embassy Suites, 600 N. State Street. Valet Parking is available for \$8/car. Appetizers, "Family Style" lunch, and dessert will be served. Presentations will be given by three O.D.s, and two Contact Lens company representatives. There will be FREE giveaways and Raffle Prizes! If you signed up for this event look forward to a delightful afternoon!

Helpdesk Hot Hints

Ahmed Mohammad

View Hidden PowerPoint Shortcuts

It's easy to miss shortcut keys that are hidden by default. To change this, click the Tools menu and select Customize and Options. On the Options tab, check Show ScreenTips On Toolbars. Below this is the Show Shortcut Keys In Screen Tips command. If you check this option, PowerPoint will display the shortcuts for toolbar commands when you hover over them in order to see the name of the command.

Pin Items To The WinXP Start Menu

There are a number of ways to pin items to the left side of the Start menu. If the item is a shortcut to a program, locate the shortcut on your Desktop or open All Programs from the Start menu to find the item you are looking for. Next, right-click the shortcut and click Pin To Start Menu. If the item is not a program shortcut (for example, maybe it's a shortcut to a folder), you can drag and drop (Pie item into the Pinned Items List. If you want to remove an item from the Pinned Items List, right-click the item and select Unpin From Start Menu or Remove From This List.)

Keyboard Short cuts for windows

CTRL+X: CN: CTRL+C: Copy

CTRLVV) Paste

Windows Logo: Start menu

windows Logo+D: Minimizes all open windows and displays the desktop

Spotlight on the Library

Kathryn Johnston, Information Systems Librarian

First and Fourth Year Students

All library materials checked out to first and fourth year students will be due by May 18. O.D. Candidates will not receive diplomas unless they have returned all their library items. If a first year student would like to check out materials during the summer, please ask a library staff member to set another due date.

Finals Week Extended Hours

Based upon a request by the First Year Class, the library will conduct an experiment by extending library hours during finals week. There will be limited services. The second floor circulation desk and media center will be closed at midnight. Here are the new, temporary Library hours for finals week:

Fri May 6 8 am to 2 am
Sat May 7 8 am to midnic

Sat May 7 • 8 am to midnight Sun May 8 10 am to 2 am

Mon May 9 7 am to 2 am

Tue May 10 7 am to 2 am Wed May 11 7 am to 2 am

The May 12 7 am to 2 am

May 13 7 am to 2 am

Graduating Students

May 14

Sat

ICO alumni and former residents have lifetime library privileges at the Library. Books, videos, CD-ROMs, and other items may be checked out in person, or you can contact the Library staff, and we will mail you the books you need. Alumni also may request that the Library mail, email or fax articles to them at no charge.

8 am to 5 pm

VisionCite, our article database, is available off-campus to alumni for a small, tax deductible donation. Please contact Library Director, Gerald Dujsik, for details.

National Library Week

In honor of National Library week, the Library



has been displaying a poster by Library Director, Gerald Dujsik, and Information Systems Librarian, Kathryn Johnston, entitled: VisionCite: a Tool for Searching the Vision Literature. It originally was presented at the Academy. We are happy to answer any questions about the poster or VisionCite.

New in the Library

Afterimage: Illinois College of Optometry 2004 Yearbook. RE956.5 .15 A5 2004

Opportunities in Eye Care Careers, by Kathleen Belikoff. RE72.A5 2004

Prechtl's Method on the Qualitative Assessment of General Movements in Preterm, Term and Young Infants. RJ134 .P7 2004

Vitreo-retinal Surgery, edited by Bernd Kirchhof, David Wong. RE551.V58 2005

Optometry Positions

The Illinois College of Optometry has a placement center that may be searched exclusively by ICO students & alumni: http://www.ico.edu/proseek/proseek.isa/s sig nup1. Some other optometry schools, however, allow anyone to search the listings at their placements centers. NOVA University has a comprehensive list of optometry job websites at http://www.nova.edu/optometry/ placement/. Indiana University also allows anyone to search the postings at their placement center: http://www.opt.ridiana. edu/news/jobs/placemnt/odpos.htm

Third year students also may want to try these websites to get an idea of what the job opportunities are in different regions of the country and to plan for which state boards they wish to take

In addition, the Library subscribes to the newsletters and magazines of many of the state optometric associations. They are shelved in the second floor of the Library closest to the big conference room. Many of these newsletters and magazines also advertise optometry practices and equipment for sale, job opportunities, and jobs wanted.

State Optometry Laws, Regulations, and Boards

The Library has a comprehensive list of all the states in the United States' websites with their laws, regulations, and state boards. On campus, to the Library's website at http://icolibrary/library.htm; off campus at http://library.ico.edu and from both, click on "State Rules and Laws." These websites would be useful for studying for the state boards or for determining where a graduate might want to practice.

Library Summer Employment

The Library is looking for some good summer workers! No previous library experience or workstudy status is required. Full-time and part-time day positions are available. Please contact John 60ss, at 7151 or igoss@eyecare.igo.edu for more information or to apply.

Jump Start Your Career

New Practitioner Education program - Back by popular demand!

New Practitioner Practice Management Program will be offered again at Optometry's Meeting™ 2005 in Dallas. This full day program will take place on Saturday, June 25. New practitioners, including 2005 graduates and those in practice up to 5 years, qualify to register for the program (must be AOA members). Course fees were paid for in advance from a generous education grant given by CIBA Vision, A Novartis Company. Registration is required as entrance to the program.

New Practitioners mark your calendars to attend "Jump Start Your Career", register at www.optometrysmeeting.org for course #0310. If you have any questions or need additional information, contact Linda Smith at LDSmith@aoa.org or 1-800-365-2219, extension 151

Faculty Update

ICO Faculty Honored by NORA

During its 14th annual meeting at the Palmer House in Chicago, II., the Neuro Optometric Rehabilitation Association International (NORA) presented ICO faculty member, Dominick M. Maino, OD, MEd, FAAO with the NORA William P Ludlam OD and Diana P. Ludlam COVT Educators Award. This award is given to the individual educator or institution best exemplifies an outstanding commitment to educating students and patients with serving neuro-optometric rehabilitation needs. Dr. Dominick Maino is an internationally recognized expert in the area of eye and vision care for those with developmental disability, a professor in the Pediatrics/Binocular Vision Service of the Illinois College of Optometry/Illinois Eye Institute (IEI) in Chicago and is in private practice in Harwood Heights, II.

Dr. Schlange

Dr. Schlange and specialists in reading, education and psychology recently met to develop the National Reading Plus Research Study that will involve 30 schools (elementary and high school) and over 7000 students. The study will begin during the next school year and utilize the Reading Plus education program and Visagraph integrated into the reading curriculum.

Dr. Schlange was the lead actor and narrator in the Cantata "You Are The Christ" portraying Peter and his reflections on the life death and resurrection of Jesus. This was Desented on Palm Sunday at Faith Lutheran Church in Palos Heights.

Security Reminders

Parking

Faculty, Staff and Students: Please do not park in the circle drive at Indiana entrance and in the IEI patient parking lot. Tickets will be issued to violators.

Pease read all parking signs out on the street and obey them. If you don't, they will fine you.

Lost Items

Students, if you have lost any items in the last month. Please come up to the Security Office and claim them.

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

CLASSIFIEDS

Full Time Summer Position in the Mail/ Print Room:

Are you a 1st year student? (Going on 2nd)
Are you staying in Chicago for the summer?
Are you looking for a full time (35 hours) job to help need the financial demand of all your leisurely activities?

Then you are triple A qualified to work in the challenging, but fun, mail/print area. Hours are 8:30 a.m. until 4:30 p.m., Monday thru Friday. However, we are a flexible area and can accommodate those times that demand a long week-end (or two).

Stop by if you are interested and talk to Daisy or call X7085 for further information.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



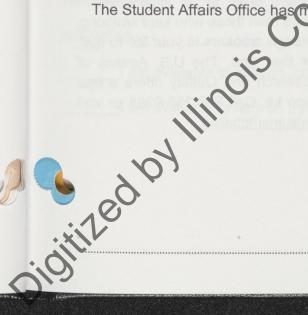


SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
American Foundation for Vision Awareness – Michigan Affiliate	 Resident of Michigan 3rd Year B average or better Need financial assistance Plan to practice in Michigan 	\$1,000 or more	May 1, 2005
Student Association Scholarship	Essay less than 1000 words	1 st \$1,000 2 nd \$750	May 2, 2005 Lexie Franzeen, Box 516
Dr Robert Johnson Pediatric/Vision Therapy Award (Look under NOSA)	 GPA of 2.5 or higher 3 or 4 year NOSA Member Community Involvement 300 word or less paper 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
John L. Howlette and C. Clayton Powell Student Founders Award (Look under NOSA)	 GPA of 3 or higher 1, 2 or 3 year NOSA Member Leadership in profession 	(2) \$1,000	May 31 st to Dr. Tanya M. Parks
The Cave Memorial Award (Look under NOSA)	 NOSA Member Financial Need Community Involvement GPA of 2.5 or better 1, 2 or 3 Year 	(2) \$1,000	May 81 st to Dr. Tanya M. Parks
Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of Polish heritage Chicago Area Resident Full time student Acceptable grades 	No amount specified	July 1, 2005
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	 2nd years or above Resident of Wisconsin AOSA member Letters of ecommendation 	\$250 - \$750	August 15, 2005 to Wisconsin Optometric Association, 5721 Odana Road, Madison, WI 53719

The Student Affairs Office has more information, so stop by and check it out



FITNESS CORNER

JPMorgan Chase Corporate Challenge

The Illinois College of Optometry would like to invite all its employees, students, family and friends to participate in the 2005 JPMorgan Chase Corporate Challenge® 3.5 mile run/walk. The event will take place on Thursday, May 26, 2005 at 7:00 pm in Grant Park. All participants will receive a FREE ICO team shirt! Those interested in participating need to visit www.ipmorganchasecc.com and register under Chicago by Wednesday, May 2. Submissions received after this date will not receive a t-shirt.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, April 27 and Wednesday, Way 11.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise

program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

It's Never Too Late to Quit

smokers 65 or old discovered that those who quit smoking during the three-year study period were more likely to be alive after 10 years than those who kept smoking. Encourage smokers in your life to quit, whatever their age. The U.S. Agency of Healthcare Research and Quality offers a free smoking-cessation kit. Call 800-358-9295 or visit www.ahrq.gov/consumer/tobacco.

A Duke University study of



500

Special Olympics-Lions Club International Opening Eyes Program Coming June 17 & 18

Volunteers Needed

Last year was the fifth year that optometry was represented at the Illinois State Special Olympic Games held in Bloomington/Normal in June. 200 athletes were screened at the event, and 124 pieces of eyewear were prescribed, whether it be an everyday Rx, or a sport goggle. The screening was a great success for both the athletes who participated and the volunteers who made it run so smoothly!!

This year we will be doing it again, and we need your help! We had 14 optometrist, 6 opticians, and 10 Illinois College of Optometry students volunteering last year. We also had a great turn-out of LIONS club volunteers in 2004, with 37 members participating in our screening. This year we need you! Of particular need are volunteers for Saturday, since it is a full day of screening. Bring your family, friends, and staff and make it a group activity!! We are always in need of opticians and optical technicians as well!

The Special Olympics is an international program of year-round sports and athletic competitions for children and adults with mental retardation. All of the athletes must be at least eight years old to participate. The goal of the Special Olympics Opening Eyes Program is to bring quality vision care to this special population. Our screening consists of visual acuity testing, cover test, extraocular motility testing, pupils, color vision, stereopsis, non-contact tonometry, slit lamp evaluation, and ophthalmoscopy. If the athlete is determined to need glasses, they are given a full refraction with subjective testing. Afterwards all athletes are referred to their local optometrists for full vision examinations, including dilations.

This year's event will take place on the Illinois State College Campus in Bloomington Normal on Friday, June 17 from 12:00 – 5:00 pm, and Saturday, June 18 from 8:00 am – 5:00 pm. Friends, family, and optometric staff (especially opticians) are encouraged to participate as well. Please help us in making this year's SOOE program as successful as the past five year's!! If you have any questions, please contact Christine Allison, O.D., F.A.A.O., F.C.O.V.D. at (312) 949-7336. You will receive more information as the event draws near, once you have signed up. You may also e-mail any questions to: callison@eyecare.ico.edu

up. You may also e-mail any questions to: calli	ison@eyecare.ico.edu
If you would like to take part in this rewarding of Christine Allison, O.D. Illinois Eye Institute 3241 S. Michigan Ave. Chicago, IL 60616 callison@eyecare.ico.edu (312) 949-7336, FAX (312) 949-7668	experience, please fill out this form by May 15 and mail or fax to:
NAME of VOLUNTEER(S):	3
TELEPHONE:	FAX:E-MAIL:
ADDRESS:	
l am available to help on June 17	l can help on both days!
I am available to help on June 18	T-shirt size: S_ML_XLXLL_other
104/11.	

Oiditized by Illinois College of Optometry Library



FOCAL POINT

ICO Student Newsletter Editor: Kathy Brownfield x7401

May 6, 2005

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out in August.



This will be the last Student Newsletter of the 2004 – 2005 academic year.

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2005 (candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. have enjoyed working with you over the last few years You are never to tar away to

and would like to wish each of you the best as you begin your new

careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much mange professional challenge as you try out your new privileges as censed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. As your first paychecks staticalling in I'd like to challenge you to rely a each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your sractices. Though distances may separate us, you will always be part of the ICO "family". One of the great joys for many of us that will remain at ICO is the opportunity to continue to

watch each of you grow and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of langest optometric alumni iation in the world you have earned access to and assistance from over 8,000 fellow alumni

worldwide advantage of us! Your ICO education serve you well and will undoubtedly

many of your life's rewards possible. Be proud

of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third Year Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externhip Program. Please visit us in the Student Affairs Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you already have - congratulations!) and use the next few months to start evaluating practices



be part of the ICO family!

and thinking about where you may want to set-up practice.

To the Second Year Class: Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to take an occasional break from your studies (and NBEO preparations!) and enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free! Many of you will take NBEO Part I in early August. I highly recommend that you save yourself some last minute anxiety by preparing early. You'll be glad that you did.

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. To those of you that will be returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 15 – 17) and help get the new Class off to a good start.

To all Students

From Dr. Colip

The summer months will once again be guite busy around ICO. ICO's annual Commencement Capstone Program for the graduating Class will run Wednesday, May 18th. Commencement is Saturday May 21 at 11am at Rockefeller Chape at University of Chicago.

The Admissions office will conduct our summer Open Incuse on Saturday, June 4th; if you will be acound and would like to help out or participate, please stop-by the Student Affairs office and see Aisha Davis to sign-up. During the summer months a new ICO catalog and CD will debut.

ICO will sponsor an alumni/student reception at the AOA Congress in Dallas, TX (June 22-26). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance – Fri., June 24th. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your new practice partner. Details on the meeting are available in Student Affairs.

Have a great summer!! Mark Colip, O.D.

Student Association

The new Student Association Representatives for the 2005-2006 school year are as follows:

President: Shauna Lushko President Elect: Nana Owusu Secretary: Meagan Petraitis Treasurer: Nhat Le

2nd year reps: Scott Callings and Grace Tran
3rd year reps: Monta Pahmy and

Tessa Sokol

4rth year reps: Greyson Barger and
Joel Sollom

Community Service Director: Tirsha Dukes Community Service Elect: Camy Grewal

Intramural Sports Director: Nate Della Vedova

Note Service Director: Melissa Oltz and Elect: Renee Phipps

Please feel free to approach any of the S.A. representatives with any concerns you have.

Congratulations SA Scholarship Winners

The winners of the SA Scholarship essay contest are as follows:

First place \$1000 - Icem Brewer Second place \$750 - Anders Hansson Thank You to Phonathon Callers!

The calls have been made, letters have been sent and the checks are coming in! Thank you to Brian Engesser, Julie Kleva, Al

Licup, Margaret Phillips, Kim Pozza, Abbie Rondeau, Falon Sandness, Joel Sollom, Grace Tran, Andrea Vanderpool and Todd Zuber. Our Phonathon would not have been a success without you!

From the Mailroom

Daisy Varkalis, Mailroom Supervisor

The mailroom is responsible for forwarding first class mail to all graduating and first year students during the summer quarter. The Registrar's office provides us with the addresses used for your mail. It is extremely important that you provide the Registrar with your correct address. We can only forward mail to an address provided to us by the Registrar. If you have any doubt what you wrote down as a forwarding address, please double check your information.

Magazines are held until the fall quarter and catalogs are discarded.

If you have any questions, cal ext. 7085 or 7087.

Fourth years: please remember to return your mailbox keys to the mailroom.

Don't be Fooled

Melissa Barto d

We've received information that there are a couple of financial aid scams circulating regarding \$8000 grants (or a similarly large dollar value). During the scam, the student is contacted by phone and asked to confirm their identity information and supply bank account information to allow the grant to be

paid. It's important to never confirm any information when contacted by unsolicited sources. Never give callers your social security number or any personally identifiable information unless you have contacted them. Also, never email your social security number- email is not totally secure.

Helpdesk Hot Hints

Ahmed Mohammad

How to Change an email to an appointment in Groupwise.

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select appointment.

Create a PowerPoint presentation Using Word Outline

You can use an existing Microsoft Word document to create a Microsoft PowerPoint presentation, PowerPoint uses the heading styles (heading style: Formatting applied to a heading Microsoft Word has nine different built in styles: Heading 1 through Heading 9.) In your Word document. For example, each paragraph formatted with the Heading 1 style becomes the title of a new slide, each Heading 2 becomes the first level of text, and so on.

Note: You must apply a heading format to the text you want to include in a slide. For example, if you apply the Normal style to a block of text, Word will not send that text to the presentation.

Open the document you want to use to create a PowerPoint presentation.

On the File menu, point to Send To, and then click Microsoft PowerPoint.

Spotlight on the Library

Kathryn Johnston, Information Systems Librarian

Finals Week Extended Hours

Based upon a request by the First Year Class, the Library will conduct an experiment by extending library hours during finals week. There will be limited services. The second floor circulation desk and media center will be closed at midnight. Here are the new, temporary Library hours for finals week:

Fri	May 6	8 am to 2 am
Sat	May 7	8 am to midnight
Sun	May 8	10 am to 2 am
Mon	May 9	7 am to 2 am
Tue	May 10	7 am to 2 am
Wed	May 11	8 am to 2 am
Thu	May 12	7 am to 2 am
Fri	May 13	7 am to 2 am
Sat	May 14	8 am to 5 pm

First and Fourth Year Students

All library materials checked out to first and fourth year students will be due by May 18. Fourth year students will not receive their diplomas unless they have returned all their library items. If a first year student would like to check out materials over the summer, please ask a library staff member to set another due date.

Break week hours will be:

Sun, May 15 Closed

Mon – Fri May 16-20 8 am to 5 pm

Sat May 21 Closed for Graduation

Sun May 22 Closed

Summer Hours beginning May 23, 2005

Mon-Thu 8 am to 9 pm
Fri 8 am to 5 pm
Sat 9 am to 5 pm
Sun Closed

The Library will be closed July 2-4 to celebrate Independence Day.

Graduating Students

library privileges at the Library. Books, videos,

CD-ROMs, and other items may be checked out in person, or you can contact the Library staff, and we will mail you the books you need. Alumni also may request that the Library mail, email or fax articles to them at no charge.

VisionCite, our article database, is available off-campus to alumni for a small fee. Please contact Library Director, Gerald Dujsik, for details or go to http://www.visioncite.com.

New Library Staff Member

The Library welcomes its new library circulation clerk, Ruba Ibrahim. Please come by and greet the Library's newest staff member.

Library Summer Employment

Do you need money? Would you prefer a quiet, nonstressful job? The Library is looking for some good summer workers! No previous library experience or workstudy status are needed. Full-time and part-time day positions are available. Please contact John Goss, at 7151 or jgoss@eyecare.ico.edu for more information or to apply.

Academy Poster

Stop by the Library lobby and see the newest sester that is on display from the December American Academy of Optometry meeting. Dr. Jason Sifrit's poster is entitled "Choroidal Neovascular Membrane Secondary to Electrocution." As always, please direct all inquires to the author.

New Books

Harley's Pediatric Ophthalmology, edited by Leonard B. Nelson and Scott E. Olitsky, 5th ed. RE48.2 .C5 H3 2005

Ocular Therapeutics Handbook: a Clinical Manual, edited by Onofrey, Skorin and Holdeman, 2nd ed. RE994.O5 2005

Pediatric Cataract Surgery: Techniques, Complications and Management edited by

Complications, and Management, edited by Wilson, Trivedi, and Pandey. RE451.P42 2005

Looking Differently at Nearsightedness and Myopia: the Visual Process and the Myth of 20/20, by Steve Gallop. RE993.G3 2002 Incredible Visual Illusions, by Al Seckel. QP495.S433 2004

Perception and Illusion: Historical Perspectives, by Nicholas J. Wade. BF241.W3195 2005

Statistics with Common Sense, by David Kault. QA276.12.K38 2003

Ophthalmic Oncology, Arun D. Singh, guest editor. Ophthalmology Clinics of North America v. 18 no. 1. RE1.07 v.18 no.1 2005

The Library also has received on CD-ROM of the Cochrane Library collection, and a CD-ROM of Fragile X Syndrome: Clinical and Molecular Aspects. Both should be processed soon and available for check-out.

Good luck on finals! Good luck, graduates! Have a good summer, and we look forward to seeing you in the Library!

Midwest Vision Congress

For those of you planning to attend the Midwest Vision Congress, May 12-15, be sure to visit the ICO booth in the exhibit hall (#1033). Also, feel free to attend the ICO alumni reception on Thursday, May 12th, from 7:30 - 9:00 pm, in the Walden Room, of the O'Hare-Rosemont Embassy Suites Hote across from the convention center. For more information, contact Connie Pietrzal at ext. 7080.

4th Year Commencement Capstone Program

The Commencement Capstone
Program is designed to provide ICO's
new graduates with information that
will be important to you as you
transition from being a student to
practitioner. We will be inviting companies to
participate that we know will have important
information to share with you.

The date is Wednesday, May 18th and the day will start at 12:20 pm as your entire Class will

be welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal. In years past parking at U of C during the week has been extremely difficult

The agenda for the day is listed below:

- **12:20 pm** Graduates board Trolleys to Rockefeller Chapel
- 1:00 pm Commencement Rehearsal at Rockefeller Chapel
- 2:30 pm Capstone sponsors on campus to set up Information Tables
- 3:00 pm Graduates board Trolleys at Rockefeller Chapel to return to ICO
- 3:30 pm Graduates arrive on campus, Graduates to mingle & visit sponsor Information Tables "Taste of Chicago at ICO"
- 4:15 pm 4th Year Awards Presentation & dessert
- 5:00 pm Gradua 6s to mingle & visit sponsor Information Tables
- 5:30 pm Commencement Capstone Raffle
 (winner needs to be present in
 Gym to win)
 Cap and Gown Pickup

Cap and Gown Pickup (President's Circle Lounge) Yearbook Distribution (outside of Library – main floor)

Commencement News

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 am on Saturday, May 21. Rockefeller Chapel is located at 5850 S. Woodlawn Ave.

A reception honoring the Class of 2005 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Commencement Speaker

Karla Zadnik, O.D., Ph.D., Associate Dean for Research and Graduate Studies at Ohio State University College of Optometry, is one of the first O.D.s to secure major funding for multicenter, longitudinal research projects. Currently, she leads two NEI-funded studies. Dr. Zadnick is known for her enormous contributions to the world of vision science.

Lost Items

Students, if you have lost any items in the last month. Please come up to the Security Office and claim them.

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

CLASSIFIEDS

Work Study Position Available

The Office of Alumni Relations and Continuing Education is looking for a 1st or 2nd year student to assist with office duties. Must be skilled in Excel and Word. Position is available immediately. If interested, please contact Mary Wronski, Coordinator of Continuing Education, at ext. 7081, or contact Connie Pietrzak, Director of Alumni Relations and Continuing Education, at ext. 7080. Or feel free to drop by the Alumni Relations office located on the first floor across from the cashier.

Sitter Needed

Adorable 5-month old boy needs sitter.

Looking for a sitter mid-days (9 or 10am – 3,4 or 5pm) at our home while Mom works from home (3-5 days a week), and works at the office 1-day a week. Very flexible schedule. Perfect for a student. 8 minutes drive from ICO. Great summer job. Close to public transportation. Spanish speaking is a plus. Call to learn more: Terran and Anthony D'Andrea, 312-560-4778

Workstudy

The Biomed Department is looking for an Equipment Repair Assistant student worker. The position has open hours and is available year round. Call ext 7190 for details.

Summer Workstudy

I am looking for students planning on staying in Chicago during the summer to fill positions available in all Sub-Specialty departments, hours are flexible. Please call Mary at 7222 or stop in Advanced Care.

More Volunteers Needed for Research Study

Dr. Daniel Roberts is currently searching for IEI/ICO employee and student volunteers to assist in a research project. Participants will have digital infrared photographs taken of the front of their eyes. By volunteering you will help facilitate the collection of normal images of the iris that will become part of a large database that will future research involving the study of glaucoma and certain other forms of eye disease. The photographic procedure is quick, painless, and harmless. In order to participate, you must have had a complete eye exam that includes pupillary dilation at the IEI within the last year. Prior to photography, a routine test called gonioscopy will be necessary to document a normal drainage structure for fluid inside the eye. This test is quick and painless and carries minimal risk to you. For more information and to schedule an appointment time, please phone or email Dr. Roberts at x7318 or droberts@eyecare.ico.edu.

Full Time Summer Position in the Mail/ Print Room:

Are you a 1st year student? (Going on 2nd)

Are you staying in Chicago for the summer?

Are you looking for a full time (35 hours) job to help meet the financial demand of all your leisurely activities?

Then you are triple A qualified to work in the

challenging, but fun, mail/print area. Hours are 8:30 a.m. until 4:30 p.m., Monday thru Friday. However, we are a flexible area and can accommodate those times that demand a long week-end (or two).

Stop by if you are interested and talk to Daisy or call X7085 for further information.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

(I	Or Robert Johnson Pediatric/Vision Therapy Award Look under NOSA)	GPA of 2.5 or h3 or 4 yearNOSA Member	nigher (2) \$1,		
		Community Inv300 word or les	r rolvement	May 31 st to Dr. Tany Parks	уа М.
P	ohn L. Howlette and C. Clayton Cowell Student Counders Award Look under NOSA)	 GPA of 3 or hig 1, 2 or 3 year NOSA Member Leadership in p 	gher (2) \$1, r profession	Park	ya M.
A	The Cave Memorial Award Look under NOSA)	 NOSA Member Financial Need Community Inv GPA of 2.5 or b 1, 2 or 3 Year 	rolvement	May 31 st to Dr. Tany Parks	ya M.
	Polish Women's Civic Club, Inc.	 U.S. Citizen One parent of F Chicago Area F Full time stude Acceptable grain 	resident specifint specification specificati	int	promise promise of the configuration of the configu
F V a O A	Visconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	2 nd years or abo Resident of Wis AOSA member Letters of recor	sconsin \$75		tion, 5721

FITNESS CORNER

Run Chicago

Here are a couple of great runs coming to Chicago this spring:

Running For Life

5K Run/Walk

May 22, 2005, 9:00 am start

Location: Cannon Drive and Fullerton (Lincoln Park)

Log on to <u>www.chicagoevents.com</u> for more info or to register.

Alivio and Salud-Run For Health

5K Run/5K Kid's Run/2 mile Walk/Kid's Dash May 22, 2005, 8:30 am start Location: 18th and Wood

Log on to <u>www.chicagoevents.com</u> for more info or to register.

Massage Therapy

Do finals or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information to schedule an appointment, or to purchase a gift certificate.

The next sessions with be Wednesday, May 11 and Wednesday, May 25.

FREE Personal Training

Are you fixed of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start.

Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46. Randy can be reached through box 528. Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at 7450.

Eve on Wellness

The Waist Test

The size of your waist reveals your risk for diabetes more than any other measure, including weight. In a study of more than 27,000 U.S. men, those with waists of 34 inches had a 70 percent higher risk for diabetes than those with smaller waists. The risk doubled at 36 inches, tripled at 38 inches and more than quadrupled above 40 inches.

This study did not include women, but previous research suggested that the risk of diabetes is five times higher in women with a 36-inch waist than in those with a 26-inch waist.

Engage in an exercise program and eat a healthy diet to lose abdominal fat.

This information is provided by Nutrition Action Newsletter

Special Olympics-Lions Club International Opening Eyes Program Coming June 17 & 18

Volunteers Needed

Last year was the fifth year that optometry was represented at the Illinois State Special Olympic Games held in Bloomington/Normal in June. 200 athletes were screened at the event, and 124 pieces of eyewear were prescribed, whether it be an everyday Rx, or a sport goggle. The screening was a great success for both the athletes who participated and the volunteers who made it run so smoothly!!

This year we will be doing it again, and we need your help! We had 14 optometrist, 6 opticians, and 10 Illinois College of Optometry students volunteering last year. We also had a great turn-out of LIONS club volunteers in 2004, with 37 members participating in our screening. This year we need you! Of particular need are volunteers for Saturday, since it is a full day of screening. Bring your family, friends, and staff and make it a group activity!! We are always in need of opticians and optical technicians as well!

The Special Olympics is an international program of year-round sports and athletic competitions for children and adults with mental retardation. All of the athletes must be at least eight years old to participate. The goal of the Special Olympics Opening Eyes Program is to bring quality vision care to this special population. Our screening consists of visual acuity testing, cover test, extraocular motility testing, pupils, color vision, stereopsis, non-contact tonometry, slit lamp evaluation, and ophthalmoscopy. If the athlete is determined to need glasses, they are given a full refraction with subjective testing. Afterwards all athletes are referred to their local optometrists for full vision examinations, including dilations.

This year's event will take place on the Illinois State College Campus in Bloomington Normal on Friday, June 17 from 12:00 – 5:00 pm, and Saturday, June 18 from 8:00 am – 5:00 pm. Friends, family, and optometric staff (especially opticians) are encouraged to participate as well. Please help us in Making this year's SOOE program as successful as the past five year's!! If you have any questions, please contact Christine Allison, O.D., F.A.A.O., F.C.O.V.D. at (312) 949-7336. You will receive more information as the event draws near, once you have signed up. You may also e-mail any questions to: callison@eyecare.ico.edu



SCHEDULE OF SPRING QUARTER FINAL EXAMS

April 25, 2005

	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAY 7	MAY 9	MAY 10	May 11	MAY 12	MAY 13	MAY 14
9:00 -	BHS 140.2	CLE 170	BHS 106	.0	BHS 111	BHS 116	CLE 162.3
11:00	Sensory Aspects of Vision	Physiological Optics	Histology	libro	Neuroanatomy & Neuro- physiology	Physiology	Optometry
		MAINO BONILLA- WARFORD	GOODFELLOW ALLISON	Mis	BRANDONISIO M CHAGLASIAN	DONATI PIHOS	ZOLTOSKI
1:45 – 3:45	BHS 364 Neuro- Ophthalmic Disorders	CLE 376.2 Strabismus & Amblyopia	CLE 379 Infant & Child Development	BHS 263.2 Ocular Disease II		CLE 262.4 Intro to Binocular Anomalies	
	RANA CASTELLS	FRANTZ LEE	KWONG* HERMAN	BAKER GARVEY		NEWMAN CADEN	
2:30 – 4:30		College			Trimuna Seve		BHS 222 Theo & Physio Optics ZOLTOSKI
	•	5					CASTELLS
4:00 – 6:00	BHS 266 Microbiology	BHS 256 Ocular Pharmacology					
	RANA	SEARS TRACHIMOWICZ					



Focal Point



Message from the President



The following was excerpted from President Augsburger's welcoming remarks to the ICO Class of 2009.

The faculty and I have high expectations for your future success and contributions to your future communities.

- 1. Is it worth it to invest so much time, effort and money to become a doctor of optometry? You bet it is! In the 38 years since I sat in a chair as a new student, the opportunities and experiences I have had as an optometrist have exceeded my expectations many times over.
- 2. To me, four year of professional degree studies seemed like a long time looking forward, but looking back, it was only a brief memory in a career full of the ability to really make a difference in people's lives. Involvement with activities beyond the academic and clinical program was an enriching part of my professional equation, and I encourage you to be involved with the ICO communities for that reason.
- 3. My late mother used to admonish me, "You can't everything in one day, but you can do something!" She was right. Persistence is a key to success in a college of optometry, as it is in life itself.
- 4. Only you have control of your attitude can choose to get up happy and enthusiastic to take on each new day, or you can drag out of bed and say, "Woe is me. I'll never make it. The world is against me." Positive attitude is as much a key to your success at ICO as it is to your future career.
- 5. You are your greatest asse are of yourself physically and emotionally. Have fun. Keep a balance in life. Protect and nourish that asset, and it will grow.
- 6. Lastly, as a professional your life should be driven by doing what is right right for your patients, right for your colleagues, right for your family, and right for your communities.

Remember, life itself-doesn't come with guarantees. However, I believe that the greatest likelihood for success comes to those who get involved, are persistent, keep a positive attitude, take care of themselves by keeping a balance in their lives, and most importantly, by doing what is right.

Best wishes to our new students as they work to join the ranks of our successful alumni four years from now

Augsburger, O.D., President



ICOlympics!!!

Attention all students, faculty, staff, family and friends. The time has come to show off your competitive spirit. The ICOlympics are just around the corner -

Saturday, August 27th at the Illinois Institute of Technology's Morton Park starting at 11:00 am. There will be a variety of competitions, food, drinks, prizes, t-shirts, medal ceremony and lots of fun. Sign-up sheets for the competitions will be posted in the President's Lounge by the student mailboxes during the week of August 22nd (announcements will be made for each class). Remember to bring your family and friends. Join the festivities and be ready for a good time. Any questions please contact Shelby Lalich at ext. 7460.

ICO Players

In the zany, hilarious, and sometimes strange play entitled *Murder at*



the **Prom** written by Peter Depietro, a mischievous scoundrel wrecks havoc on the evening's festivities in which nothing is as it seems. It is up to you the audience to help put this scoundrel away. The play is one and a half hours long with an intermission and will start at 7:30 pm following the faculty blindspot on August 26th. Some audience participation is requested.

Welcome to All New Returning Students

The Student Affairs Office expends a warm welcome to returning and new students of ICO. The Focal Point the student newsletter, is published bi-weekly by the Student Affairs Office for the entire ICO community. The Focal Point Informs students, faculty and staff of items and events concerning the student body.

have an announcement or other items

you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

President's Welcome Awards Ceremony

Everyone is invited to attend the President's Welcome Awards Ceremony. The program begins at 12:10 pm on Tuesday, August 30th in the Lecture Center. Come and watch the new 1st year class receive their first white lab coats.

First, second and third year students will receive recognition for their awards and scholarships from the 2004-2005 Academic Year.

Meet your Stillent Affairs Department

The Student Affeirs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer your questions. Information regarding the Focal Point (student newsletter), scholarships, student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Vice President for Student Affairs in our office.

Dr. Mark Colip, Vice President for Student Affairs, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, ICO

bookstore, food services, scholarships and awards, commencement and fitness center.

Professional Career Development Services

(formerly known as "Placement and Recruitment")

This past spring Lynn Petrica our former Placement & Recruitment Coordinator retired. She was known to many of you through the Private Practice Club, the Practice Opportunities Symposium, and her roles in both placement and recruitment. Lynn had a wonderful career here at ICO and positively impacted many, many people. Lynn had a vision for how she hoped Placement services would continue to grow to meet the needs of our students, alumni and the optometric profession at large.

Throughout this summer we have re-designed Placement Services. We have also identified a great person to fill the role of Professional Career Development Counselor here at ICO. That was difficult, as there were exceptional candidates. Our new Professional Career Development Counselor will be with us beginning September 16, 2005.

The online placement program through ICO's will continue to position/partnership seekers with possible opportunities. The part-time ophthalmic job board located outside the Student Affairs Office will also continue to be utilized. The programming for the Private Protice Club and the Practice Opportunities Symposium will also be continuing.

The most major shift in the redesign to Professional Career Development Services will be the implementation of programming to students earlier in their optometric career. You will have more opportunities to be involved with the Career Development Counselor as early as first year. And of oon to graduate" students. course, there will continue to be a focus on

More information about Career Development Services will be detailed as the Career Development Counselor comes on board.

Food Service

Food Service (located on the lower level of Brady Hall) is owned by the college and contracted by Sodexo. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of

operation are as follows:

Breakfast - 7:30 am - 9:30 am Lunch - 11:30 am - 2:00 pm Dinner - 5:30 pm - 7:30 pm

Brunch: Sat. & Sun. -- 11:00 am - 2:30 pm

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.

College Wellness Service

The College Wellness Service, as a component of the Office of Student Affairs. addresses student health issues in both preventative and curative means. The Wellness Service providers include Shelby Lalich, Jeanne Dougherty and Beth Karmis. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

Shelby Lalich, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center, provides a plethora of fitness related services. Personalized services include a variety of fitness assessment protocols. counseling, equipment orientation, and workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks or massage therapy during final exams, biweekly seated massage, and health fairs.

Jeanne Dougherty, A.P.N., F.N.P., Nurse Practitioner/Institutional Health Officer. provides acute care to our student community. As a primary care provider working in collaboration with a local physician, Ms. Dougherty diagnoses and treats most common acute health concerns, as well as counsels students on prevention and wellness issues. Jeanne provides women's wellness exams and general physical exams for control students. infection education. immunization information, and preventive health programming. Referrals to specialists or care providers off-campus may be warranted. Fees incurred for laboratory services, pharmaceuticals and off-campus referrals are the student's responsibility.

Beth Karmis, M.A., as the Director of Student Counselina and Enrichment Services. provides both psychological and academic counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services are provided appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including tutoring services, study skills workshops, and one-on-one sessions are available throughout the year.

Tutoring

Tutoring information will be available and regularly updated. Tutor authorization forms and tutor lists are available in the Wellness Center.

LOCKERS - IMPORTANT INFORMATION

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, September 1**st. After this date, the locker will become available for commuting first year students.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 or kbrownfi@ico.edu. Please contact her by **Thursday, September 1**st with your locker number or the locker will be made available to another student.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in advance of any activity planned for the College community.

Facility - Lecture Center

Opie Nimon, Chief Engineer

The Lecturer Center rooms 1200, 1201, 1202 and 1203 can be configured in several different ways to accommodate varying group sizes. Each room has seating approximately 160 people each. The room/s can be requested for an event/lecturer by utilizing the room request form in the Student Affairs Office in advance. The Facilities personnel are the only people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the walls. Moving the walls could be extremely dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can

be configured or occupancy please contact Opie at x7610.

Attendance

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

Courtyard

Weather permitting, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

Student Mail

All student mail addressed to the school should include your ICO Box Number along with your class year, for example:

John Doe, ___year 3241 South Michigan Avenue Box #___ Chicago, IL 60616

This will help expedite the sorting and delivery of your mail.

The mailroom hours are Monday through Friday, 8:30 am - 4:30 pm. Mail must be in the mailroom by 3:30 pm each day to be included in that day's outgoing mail.

The mailroom plakes every effort to deliver mail to your mailboxes no later than 2:00 pm, however, we are occasionally delayed. Please be patient and you will have your mail no later than 4:00 pm. If you are expecting something important, please feel free to stop by the mailroom and check with us.

The mailroom receives all incoming packages to students UPS is sent out Monday thru Friday at 2:15 pm. FedEx goes out each day at 3:30 pm. UPS must be paid for in cash on the day it is shipped, FedEx will be charged directly to your student account.

Rules and Regulations to be Aware of:

New Student Guide

You will receive a copy of the 2005 Student Guide during the first week of classes. Copies are available in the Student Affairs Office. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless the Vice President for Student Affairs (Dr. Mark Colip) (Dr. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Pacilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

Smoking at ICO

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

Parking

The parking spaces in the main entrance are for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing.

Student and staff are not allowed to park in the IEI parking lot.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

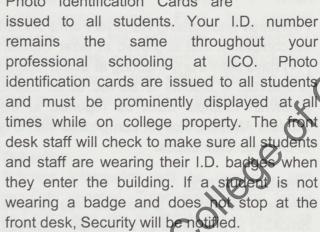
Street Parking

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On

Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parked during cleaning hours. Always read the street signs in Chicago!

Student I.D. Cards to be Worn at all Times

The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are



Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security impediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you loose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is \$25. An application to purchase a spouse I.D. card may be obtained from the Student Affairs Office. The fee is \$5.00 to be paid at the ICO Cashier. The application and receipt needs to be submitted to the OneCard Office, Room 1013, in Brady Hall.

Computer Support Procedures

Ahmed Mohammad
Phone calls or voice mail to x 7500

or email to support@ico.edu are the expected methods for contacting the support team with a problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forwarded to x4500 and the person on-call will be paged.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

New IDs with New Logos

Student Affairs staff will distribute second year IDs before morning classes outside Room 1200 and third year IDs before afternoon classes outside Room 1201 during the first week of school. Your old ID must be returned at the time you pick up your new ID.

Fourth year students can pick up their new IDs in the Student Affairs Office. Thanks all for your cooperation.

Matthews ICO Bookstore Hours

Monday - Friday 9:00 am - 5:00 pm

Bulletin Boards

Interested in posting a notice on the appropriate bulletin board? Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

AOA-PAC - outside the Bookstore **Campus event calendar** - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)

Class Schedules - column outside the Student Affairs Office

Financial Aid - outside the Financiak Aid Office

1st year academic related information outside Room 1200

For sale items - above mailboxes

Housing (off campus) Resident's Circle Lounge/Mailroom or in a linder in the Student Affairs Office

Jobs - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)

Note Service - south wall at library entrance

Part time student job opportunities column outside the Student Affairs Office Registrar's information - column outside the Student Affairs Office RC resident information - RC entrance Student Association news, etc. -

President's Circle Lounge

Schedules and Quarterly Dean's List column outside the Student Affairs Office

2nd year class - outside Room 1201

Social activities - mailbox area,

President's Circle Lounge and class bulletin boards

Special events board - outside mailbox area and President's Circle Lounge **SVOSH** - outside the Bookstore **3rd year class** - outside Room 1202 (upper west entrance)

Study Areas

There are several study areas located on campus designated for studying. Applicable locations and hours are given:

Library

Monday - Friday Saturday Sunday

8:00 am - midnight 9:00 am - midnight 10:00 am - midnight

Brady Cafeteria

Manday - Sunday

7:30 am - 3:00 am

President's Circle Lounge (Mail Foyer)
Monday - Sunday 24 hours

Laboratories

Monday - Friday 5:00 am - 11:00 pm Saturday - Sunday 1:00 pm - 6:00 pm *Pre-clinic Laboratory has special hours and usage guidelines. See your instructor or Dr. Baker.

EMail Survey

In July, second, third and fourth year students received an email asking them to respond to a survey about the Focal Point and Student Guide for the Student Affairs Department. 190 Students completed the survey. The results have helped us to determine how we will distribute the Focal Point and Student Guide in the future. It has also provided us with ideas on how to improve the Focal Point. In

response to the majority of student wishes we will continue to offer the Focal Point and Student Guide in paper format. The Focal Point is also being offered on http://theview.ico.edu. in a pdf format. The Student Guide will be offered online with a search engine in the future. Thank you for your response.

September SA Events

Save the Date

Get ready to kick off the school year with some fabulous events!

Friday, September 9th: Student Association Blindspot

Get a start on your weekend, relax with your colleagues, and save some room for pizza and adult beverages!

Sunday, September 18th: Golf Outing

Brush up on your chip shot and practice your putt so you can be par for the Ridgewood Golf Course!

Friday, September 23rd: Casino Night

Feeling lucky? Try your hand at the casino table and if you play your cards right you just might hit the jackpot!

Saturday, October 1st: Boo Bash

Lions and tigers and bears, oh my...OH YES! Start planning your costumes and start planning for a frightfully fun time!

Congratulations

Dr. Janice Scharre, dean and vice president for academic affairs, was recently recognized by Vision Monday as one of the "50 Most Influential Women" in the eyecare field. This was the third annual Vision Monday report saluting a new group of women leaders who "exhibit a passion for what they do and a commitment to their colleagues and custon ens." Earlier this year, Dr. Scharre was also appointed to the board of directors of the Accreditation Council on Optometric

Education (ACOE). At ICO, Dr. Scharre led three successful visits by ACOE.

Unite for Sight

Unite for Sight has many new volunteer opportunities in Africa, Asia, Latin America, and Eastern Europe for the Fall, Winter, and Spring. Some opportunities are still available for Summer, too. You can read about all of the opportunities at Http://www.uniteforsight.org/intl volunteer/.

Lost and Found

The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

Student Organizations

All student organization leaders need to submit a list with box number, phone numbers and email address' of their newly elected officers for 2005-2006 to the Student Affairs Office as soon as possible.

NOSA News

Many exciting things took place at the Optometric Association/National Optometric Student Association (NOA/NOSA) convention this past July. Our Chapter was voted "Chapter of the year" for 2nd consecutive year! Jason Blowe (4th Year student) was inducted as NOSA's National President and was the recipient of the Cave Memorial Scholarship. Joseph Pruitt (3rd Year student) was elected as NOSA's National Vice President for 2006- 2007. And Dr. Joseph McCray, NOSA's faculty co-advisor, was inducted as NOA's Vice President. Be on the look-out for information on how to become a member of this exciting organization! Any questions can be emailed to NOSA_ico@yahoo.com

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian
Welcome to the Class of 2009 and welcome back returning students!

The Library and its staff are here to help you. You will need your campus identification card in order to check out Library materials, including items on reserve. Library materials can be renewed online, if you obtain your Library user identification number and password from a library staff member.

The Library's website from on campus is: http://icolibrary/library.htm. Off campus, the Library's website is: http://library.ico.edu

Library provides links to many full-text articles from our website under "Full Text Sources." Some of these journals require you use a password. They are listed on the "Full Text Sources" website under click here. In addition, there are now links from PubMed and FirstSearch that indicate whether ICO owns a particular article or book if you access PubMed and FirstSearch from the Library website.

Circulation Policies	Times	Overdue Fine
Books (including	4 weeks	\$1.00/day
fiction, audio, cassette tapes)		06
Videocassettes and	1 week	\$1.00/day
CD-ROMS, and	00 80866	0.
DVDs		0
Journals and	24	.00/day
magazines	hours	THE MECHA
Digital	24	\$1.00/day
camera/laptop	hours	
computer/calculator		own at the same
Library study rooms	4 hours	
Reserve books and	3 hours	\$1.00/hour
articles, slide tape		
programs		

The Library does employ student workers, mostly for evening and weekend hours. Please contact John Goss in the Library

workroom if you would like to apply for a position.

Photocopiers

New for 2005-06: The College has replaced the library first floor copier/printer with a color copier/printer. The library charges \$.40 for any color copies or color prints made at the 1st floor color copier. The coin-op has been moved to the second floor copier. You can make B&W copies for \$.10 each with cash. The coin-op accepts \$1, \$5, and \$10 bills for making copies. This does **NOT** add value to your I-Dollar card.

Printing

New for 2005-06: The College is charging for B&W prints from the library and RC computers. The charge is \$.08 which is the same for B&W copies when you use your ID card. Last year students printed 248,000 pages on the library topiers and printers. The College has put \$20 in a copier/printer account for each student for the coming year. At \$.08 per \$2W page you can print 250 pages. If you make color copies or prints, the money will be used faster and you will get less pages. The color copier/printer's default S B&W. You will have to ask it to print in color. Any money left from the \$20 in the account will be deleted at the end of the school year. The library staff STRONGLY recommends that you use print preview before printing so that you know exactly what you will get for your money.

Things you Should Know

Dr. Colip

NC Enacts Mandatory Eye Exam Law

More than 50,000 children a year in North Carolina will receive an eye exam by an eye doctor thanks to legislation signed into law Saturday, August 13 by Governor Mike Easley. The law, which goes into effect for the 2006 school year, requires all children entering kindergarten to receive an eye exam by an optometrist or ophthalmologist.

ICO Faculty & Alumni Photo Exhibition

Drs. Maino and Maino recently held a photographic art exhibition in Kansas City, MO at the NINE2FIVE art gallery. Dr. Dominick Maino is a professor of Pediatrics at ICO/IEI and Dr. Joseph Maino is the Director of the optometry program at the Kansas City VA Hospital. The exhibition entitled, "The Monozygotic Images of Maino Squared", was meant to examine the relationship between and art. Go http://www. to dmphotoart.net to view the photos of the reception and/or qo http://www. pitch.com/issues/2005-0804/calendar /niteday3.html to read the article in the Kansas City newspaper "The Pitch".

CLASSIFIEDS

TO: Third & Fourth Year Students FROM: Dr. Trachimowicz

RE: Human Anatomy Lab TA Positions

If you are interested in being a TA in the Human Anatomy Lab, there are still positions open. Please note that you must be willing to help with open lab times and the two practicals, as well. If interested please contact me via email, mailbox, or phone (x7180).

The lab are on the following days and times.

Tuesdays 9-11am and 11-1pm (3 TAs are needed for each session)

Wednesdays 9-11am & 11-1pm (2 Tas are still needed for each session)

Thursdays 9-11am and 11-1pm (TA) is still needed for each session)

TO: Second, Third & Fourth Year Students FROM: Dr. Trachimowicz

RE: Tutors for Human Anatomy

TUTORS ARE NEEDED FOR HUMAN ANATOMY; BOTH FOR LECTURE AND LAB!

If interested please contact either me (Dr. T) or both Karmis to sign up for tutoring. And yes, you could specialize in being just a LAB

TUTOR IF THAT IS WHAT YOU ENJOY MORE!

First, Second, Third & Fourth Year Students

FROM: Dr. Trachimowicz (x7180)

Call for Artists

Are you an artist just itching to get back into drawing? Anatomical drawing that is! If so, please contact me. I still have some figures that need to be redrawn for Winter Quarter Ocular Anatomy, as well as Human Anatomy(?). If you have drawn for me before, have the time and are interested in continuing to draw for me this Fall, please let me know too!

Looking for Fall Work Studies-

Positions needed include:

Suite Technicians - Suites 1 & 2 - Mon - Fri am (8:45-12); Wed pm (1-3:45); and Wed eve (3:45 -7). Position includes handing out patient files, stocking supplies, running visual fields, etc.

Calling Patients Mon - Thu.; any 3 hr time block. Position includes calling patients to confirm apots

Recalling Patients - Mon - Fri.; any 3 hr time block Pesition includes rescheduling no show patients.

1-3; Mon - Wed 4-6 pm. Position includes helping check in patients.

If interested please contact Dr. Rozwat at arozwat@ico.edu or x7179

WORK-STUDY POSITION

Research Assistant

Primarily data manipulation, picture, and graph generation. Computer skills important-Excel, Powerpoint, Word, SPSS (training available). Flexible hours

Contact: Dr Sanford Mark Gross @ 312-949-7314

Repair Assistant

The Biomed Department is looking for a Equipment Repair Assistant student worker.

The position has open hours and is available year round. Call ext 7190 for details.

Teaching Assistants needed for third year Binocular Vision Disorders course

TAs are needed to help either during BV Disorders labs or outside of lab, grading the students' recording sheets. Labs meet Mon., Tues., Wed., and Thurs. from 9-12 and Wed. from 1-4. The grading can be done any time during the week. Either way, it's a great way to review vision therapy techniques!

Please contact Dr. Allison by email if interested. callison@ico.edu



RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Manitoba Association of Optometrists	 Manitoba Residents 3.5 or 75 % 1st, 2nd, 3rd, and 4th years 	\$1000	Sept 22, 2005 to Carol Loyd
A.H. Basman OD Scholarship	Sun. Sept. 11,	M	
The Saskatchewan Association of Optometrists	Saskatchewan residentFinancial needAcademic proficiency	Averages \$1500	October 1, 2005
The Greek Women's University Club	 Female One parent of Greek ancestry US Citizen Resident of Chicago Metropolitan Area 	Varies	Postmarked Saturday, October 22, 2005

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

The school year is finally here, and for most of you, that means stress, stress, and more stress. Some of you are already counting the days until graduation, while others of you are excited to get started on your way to becoming an optometrist. Whatever your situation, don't forget the importance of keeping your body healthy

and your mind balanced. To help you reach your personal wellness goals, ICO currently offers the wellness services described below.

Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation,

nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available.

Massage Therapy

Seated massage is available every other Thursday from 11:30 am - 2 pm. A nationally certified massage therapist is on hand to provide 10-, 20-, and 30-minute seated massages at a cost of \$10 per 10-minute session.

Fitness Classes

ditized by Illinois College

The ICO Fitness Center offers a variety of fitness classes. The fall quarter classes will begin August 29. Schedules will be posted by August 26 outside the gym, in the student newsletter, and around campus. Classes are held in the gym and

are free to students, staff, and faculty. If you are interested in teaching fitness classes, please contact Shelby Lalich at x7460.

Work-study Jobs

The fitness center offers a limited number of workstudy positions to first-year students. If you are interested in working in the fitness center during the fall quarter, please call x7462 after noon on Tuesday, August 23 for more information.

Information Hotline

The ICO Fitness Center Information Line can be reached at x7462. The line is updated every Monday, and contains information on fitness center happenings for the week. If you have a sports- or fitness-related event you'd like to advertise on this line, please

Interested in wearing toric contact lenses?

Have at least -0.75 D cyl?

Then sign up for...

Contact Lens Workshop

with Guest Speaker Dr. Rhonda Robinson

Sun. Sept. 11, 2005

Lunch will be provided.

SIGN-UPS ARE POSTED OR YOU CAN CONTACT sbetterly@eyedoc.ico.edu or dmezbur@eyedoc.ico.edu

Deadline is Aug. 24!

Engible participants will receive a FREE year supply.

The Illinois State Chapter of the American Academy of Optometry

- Presents -

The Inauguration of "Rosenbloom Rounds"

Wednesday, September 7, 2005 6:30pm – 8:30pm Illinois College of Optometry 3241 S. Michigan Ave Chicago, IL

One Hour of Regular Continuing Education

6:30-7:10pm	Cocktails and Hors d'oeuvres (President's Board Room)*
7:15-7:30pm	Introductions with a Special Presentation to Dr. Alfred Rosenbloom, Jr. for his dedication to the AAO of Illinois (Room 1200)
7:30-7:45pm	Low Vision Case Resentation by Alfred Rosenbloom, Jr, OD, FAAO
7:45-8:00pm	Contact Lens Case Presentation by Bob Grohe, OD, FAAO
8:00-8:15pm	Pediatricy Case Presentation by Christine Allison, OD, FAAO
8:15-8:30pm	Center Disease Case Presentation by Chuck Kinnaird, OD, FAAO
8:30pm	Adjourn

^{*} the "rounds" part of the event is open to students. The cocktail party is not as space is very limited.

Space limited! RSVP by <u>August 26, 2005</u> Dr. Mary Lou French, 708-403-0123 or mlfrenchod@cs.com

Members of the Illinois Chapter of the AAO: <u>FREE</u>
Non-Members: \$20

Program Sponsored by Allergan Pharmaceuticals



ICOlympics

Saturday August 27th 11 am 'till 4 pm

At Morton Park on the IIT campus: Walk West through the IIT campus and cross State Street, park is located next to Hermann Union Building.

The entire ICO Community is invited (Students, Faculty and Staff) for food, fun and friendly competition. Sign up for teams and events in the President's Lounge Any Questions: Call Shelby Lalich x7460

Digitized by Illinois College of Optometry Library



Focal Point

CAMPUSNEWS

What Is U.S. Constitution Day?

Most Americans know that July 4th is our nation's birthday. Far fewer Americans know that September 17th is the birthday of our government, the date in 1787 on which delegates to the Philadelphia Convention completed and signed the U.S. Constitution.

The ideas on which America was founded-commitments to the rule of law, limited government and the ideals of liberty, equality and justice--are embodied in the Constitution, the oldest written constitution of any nation on Earth. **Constitution Day** is intended to celebrate not only the birthday of our government, but the ideas that make us Americans.

Senator Robert Byrd of West Virginia accomplished a long-standing goal, passing a law designating September 7 as Constitution Day. Schools and federal agencies are required to hold educational programs on the Constitution on Constitution Day.

The Illinois College of Optometry is celebrating Constitution Day in the Library by putting up a display in one of the display cases. Please check out the display on the Constitution of the United States. May we all have a deeper appreciation and understanding of our nation's founding document and the freedoms we enjoy.

Congratulations

Dr. Colip

I am pleased to announce that Tom Kline,
4th Year student and former SA
President, has been selected as the
winner of the 2005 Dr. Seymour
Galina Grant Program. The
winning essay, written by Mr.
Kline, was selected from a group of
nine (9) eligible finalists whose essays had
been submitted to the AOA as the best from
their respective schools and colleges of
optometry nationwide. Information for the
2006 Dr. Seymour Galina Grant will be
distributed this October and awarded next
July All third year students are eligible.

First Year Class Representatives

Congratulations to Aaron Ledford and Shilpa Shah who were voted to be First Year Class Representative.

Clean Your Eyedoc Accounts Often

Student's please check your @eyedoc e-mail accounts often and "trash" old e-mails as well. ICO students are given triple the average amount of e-mail space for college students, yet still, faculty are receiving "account full" and returned messages when sending important class material. Students not keeping their accounts current could miss important communications from faculty.

Digitized by Hingis College of Optometry Library

ICO Players on the Web

Dr. Dominick Maino

Did you miss the "Murder at the Prom" play and Blindspot? Or would you like to re-live the great times you had during the festivities? Go to http://www.dmphotoart.net/05icoplayers/ to see ALL the photos! You can download any you wish.

Student Association's 2005 Annual ICO Fall Golf Classic

This year's tournament will be played Sunday September 18th at beautiful Wedgewood Golf Course just outside Chicago. Shotgun start will be at noon. Entry will be only \$60/golfer this year and will include 18 holes, cart and lunch. There will be prizes. Registration will be held September 6th - 14th outside Room 1200. Be sure to register your foursome! All faculty, students and alumni are invited to spend a

September SA Events
Club Blindspot: Friday, September 9th at

Club Blindspot: Friday, September 9" at 5:30pm

fun, relaxing day out on the links. All skill levels are welcome. See you there! Fore!

Come join the club blindspot and sign up to get involved at ICO! Admission is free and pizza and adult beverages will be provided but there's a catch! Stop by the booths of various clubs, organizations and associations and fill up your bingo card with samps to redeem your food and drinks and enter to win some fabulous giveaways!

ICO Fall Golf Classic: Anday, September 18th at 12:00pm

Starting the week after Labor Day, tickets will be on sale for \$60 per golfer and will include 18 holes of golf, a golf cart and lunch.

Vegas Comes to ICO: Friday, September 23rd at 5:00pm

It's Vegas Baby, so money you don't even know it! Try your hand at Texas Hold'Em, Blackjack, High-Low or come to watch some Vegas inspired shows. Food will be served at 5:00pm with games to follow at 6:00pm. Raffle tickets will be sold throughout the night so enter to win some great prizes!

BOO BASH BUMPED to Saturday, October 15th

Please make note of the schedule change; we thought we'd give you even more time to up with some creative costumes!

ne to come

Private Practice Club

The Private Practice Club was established to help prepare ICO students to enter private practice by making students knowledgeable of the business aspects of the profession. The club offers presentations, lectures and panel discussions on a monthly basis concerning all facets of practice management. The club also promotes private practice as a career choice which is rewarding to both the doctor and the profession of Optometry. The presenters include a variety of nationally known optometric speakers and ther professionals to share their knowledge with students. If you are interested in joining, please attend our 1st general meeting on Wednesday, September 14th in room 1202 at 7pm. Let's give a warm welcome to our new advisor, Dr. Elyse Chaglasian!

NOSA News

Scholarship

Congratulations to Pooja Anand, 2nd year, for being the recipient of NOSA's Service Scholarship/Award this past Tuesday at the President's Welcome and White-coat ceremony.

NOSA Table at Blindspot

Be sure to stop by NOSA's table at the

Student Organization Blindspot on September 9th for more information about the organization and how to become a member.

Business Card Fundraiser

Be on the lookout for our first fundraiser of the year! We will be selling business cards. Be sure to stock up on one of the essential tools for effective networking. It's for a good causedue to the devastation of Hurricane Katrina in New Orleans, LA and Biloxi, MS we have decided all proceeds will be donated to the American Red Cross.

Flying High with AAO

Get a chance to WIN an airline ticket to anywhere in the Continental US (this includes Puerto Rico!!!). Raffle tickets will be on SALE now until 09/09th. Tickets are only \$2.00 for one ticket or you can purchase 3 tickets for \$5.00 dollars. The winner could be you!!! Winner will be chosen at the club blindspot (9/9th) at 6:30 pm. You do not have to be present to win. AAO would like to thank the American cancer society for making this fundraiser possible.

VanderCook
College of
Music
You are invited to
join the
VanderCook
College of Music
(VCM)
Philharmonic

Orchestra. If you play to have played a string instrument in high school or previous college, this is your opportunity to continue your musical passion.

The VCM orchestra rehearses Wednesday evenings from 8-10 PM and Friday afternoons from 1-1:50 PM at VanderCook. Regular attendance is expected, but there is not an addition for string players to participate.

If you have any questions or need further

information, contact the conductor, Mr. Charles Emmons, by phone at 312-225-6288 ext 243 or email at cemmons@vandercook.edu

Tech Tips

Ahmed Mohammad

How to organize your desktop Icons in Windows Operating systems

Many of us have a hodgepodge of seemingly unrelated icons, or shortcuts, all over our Windows 9x/Me/XP Desktops and Task-bars. Get a handle on your icons now, so you won't waste time looking for them when you're in a hurry.

Icons

You can move an icon around the Desktop by left-clicking it, holding down the button as you move the mouse, and releasing the button to "drop" the icon where you want it. If it snaps back to another place, right-click a blank area on your Desktop and choose Arrange Icons (Win95/98/Me) or Arrange Icons By (WinXP). If there is a check mark next to Auto Arrange, click it to uncheck it.

wow you can organize your icons the way you want them. Try grouping the icons of the programs you use most in one area of the screen, shortcuts to important folders such as My Documents in another area, and other icons according to their types of applications.

If you don't mind having your icons lumped into the left side of the screen, you can tell Windows to group them by some criterion. In XP, right-click the Desktop, click Arrange Icons, and choose among, By Name, By Size, By Type, By Modified, By Auto Arrange and By Allign to Grid. By Name sorts icons in alphabetical order. By Size sorts icons in order of file size. By Type sorts icons in order of type. For example, if you have shortcuts to several PowerPoint presentations on your desktop, these will be arranged next to each other. Modified Arrange icons in the order that the shortcut was last modified.

AutoArrange Arrange the icons in columns along the left side of your screen. Align to Grid Snap icons into place as designated by an invisible grid on your screen. The grid keeps the icons aligned with each other.

You can delete a Desktop icon, but first make sure you can still access its target through the Start menu or Windows Explorer. If so, right-click the icon and choose Delete. To rename an icon, choose Rename from the same context menu. Type in the new name and press ENTER. When you're done arranging, right-click the Desktop and choose Line Up Icons (in Win9x/Me) or Arrange Icons By and Align To Grid (in WinXP) to straighten things up.

If you want Windows to organize your icons for you, use Auto Arrange. Right-click the Desktop and select Arrange Icons (By). If there's no check mark next to Auto Arrange, click it.

Taskbar

The Windows Taskbar usually holds the Start button, buttons for open programs, and a clock. Other icons in the System Tray near the clock represent apps running "in the background."

Right-click an empty part of the Taskbar and choose Properties. One useful setting here is Always On Top in Win9x/Me (called Keep The Task-bar On Top Of Other Windows in WinXP), which keeps the Taskbar visible when you drag windows down to its level. Another is Auto Hide (Auto-Hide The Taskbar in WinXP), which keeps the Taskbar hidden at the bottom of the screen until you move the pointer down to it. Click either option to check or uncheck its box.

If you want to move the Taskbar, click and drag it to either side or the top of the screen. If you can't move the Taskbar in WinXP, right-click it and unaheck Lock The Taskbar.

Wings/Me/XP offer more Taskbar customization choices. Right-click an empty

part of the Taskbar and select Toolbars. These let you add functions to your Taskbar. For instance, Quick Launch lets you drag big Desktop icons down to it to become smaller ones.

www.smartcomputing.com by Marty Sems

Note: Please do not apply the above settings on the computers in the library, RC computer lab, and the computers being shared by your colleagues or fellow students.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian
The Library will be closed for
Labor Day weekend. Reserve



books normally may be checked out for overnight use three hours before the Library closes, and are due back by 9:00 a.m. the next morning the Library is open. Therefore, reserve books may be checked out for the holiday weekend on Friday after 2:00 p.m. and are not due until Tuesday morning, September 5 at 9:00 a.m.

Friday, September 2 - 8:00 a.m.-5:00 p.m.
Saturday, September 3 - CLOSED
Sunday, September 4 - CLOSED
Monday, September 5- CLOSED
Tiesday, September 6 - 8:00 a.m.-12:00 mid.
(Resume normal hours)

The Library has three computers near the circulation desk and one by the media desk reserved for library catalog use. Other websites, including TheView are blocked. The computers do not require logins, so they may be used as well by visitors who wish to find library materials.

Photocopiers

The Library has obtained an additional, first floor copier for making black and white photocopies, which will cost 8 cents/page. It is the one furthest from the restrooms. The machine closest to the restrooms on the first floor will continue to make color prints or color photocopies for 40 cents, or B&W computer

prints ONLY for 8 cents. The second floor printer will continue to make B&W prints or photocopies for 8 cents and has a coin op for copies in addition to the card swipe device. Cash copies are 10 cents per page.

Please report any problems with these machines to Library staff.

ICO Student writes New Book

Sarah Manongdo-Joya, O.D., Class of 2005, found time while a student at ICO to plan her wedding and write a book about the experience. She has been interviewed by the Chicago Sun-Times, and other media outlets about her book, How to buy everything for your wedding on eBay-- and save a fortune!, co-written by Dennis L. Prince, Dan Joya, and Sarah Manongdo. (Dan Joya is her husband.) The Library has a copy that can be checked out, currently on the New Book shelf across from the first floor copies.

The position has open hours and is available year round. Call ext 7190 for details.

Workstudy

Sub-Specialty clinics are in desperate need of dependable workstudy help Monday thru Saturday. Hours are available between the hours of 8:00 a.m. and 7:00 p.m., depending on the day of the week. Most positions are clerical; however Advanced Care can use someone with experience to perform visual field testing on Monday morning; morning and/or afternoon Tuesday; and Wednesday afternoon. This is a good opportunity to obtain some background knowledge in Advanced Care, Low Vision, or Pediatrics. Please call Mary Rutherford at 7222 or e-mail mrutherf@ico.edu

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet of the South Wall.

CLASSIFIEDS

Repair Assistant

The Biomed Department is looking for a Equipment Repair Assistant student worker.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Nho's Eligible	Amount	Deadline
Manitoba Association of Optometrists	Janitoba Residents 3.5 or 75 % 1 st , 2 nd , 3 rd , and 4 th years	\$1000	Sept 22, 2005 to Carol Loyd
A.H. Basman O	Photocopiers of 's near neith, segrentions	ly Typo, By Miles Asign to Classificated Applicated App	range en 1996 year benne to Sy teamer earle tools you went to good the Ta
The Saskatohewan Association of	Saskatchewan residentFinancial needAcademic proficiency	Averages \$1500	October 1, 2005

The Greek Women's	 Female One parent of Greek ancestry US Citizen Resident of Chicago	Varies	Postmarked Saturday,
University Club	Metropolitan Area		October 22, 2005
2005 Leslie Mintz Scholarship	 New Jersey resident Full time enrollment Demonstrate financial need 	Varies	November 30, 2005

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Making Strides Breast Cancer Walk on Sunday, October 16

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Stay tuned for more information on how you can participate in this great event.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more compex musculoskeletal problems. Table massage clients remain fully dothed, and no oils are used.

Cost is \$10 per 10 minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, September 14 and Wednesday, September 28.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager Randy Gunia, Danny David, Grevson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

New Fitness Equipment at ICO

The fitness center would like to announce the new arrival of two new Life Fitness Bicycles. One is an upright bike and the other a recumbent bike. These new bikes offer improved comfort and updated display features.

Eye on Wellness

Sleep Habits and Diabetes Risk
Researchers have detected a link
between getting too little or too
much sleep and an increased risk of
diabetes. Scientists at the Boston
University School of Medicine examined

the sleep patterns of 722 men and 764 women between the ages of 53 and 93.

The individuals reported their sleep habits and underwent fasting glucose and glucose tolerance tests. For those who slept 5 hours or less and 6 hours per night, the diabetes risk increased 2.5-and 1.66-fold respectively. Subjects who also slept more than 9 hours per night had increased odds rations.

The conclusion is to aim for around 7-8 hours of sleep

each night.

This information is provided by IDEA Fitness Journal

Revised Fall Quarter Fitness Class Schedule EFFECTIVE THURSDAY, SEPTEMBER 1, 2005

	MONDAYS:	
1:15 PM – 2:00 PM STEP MELISSA		6:15 PM – 7:15 PM PILATES CYNTHIA
12:00 pm – 1:00 pm Interval Training Cynthia	TUESDAYS:	6:15 PM – 7:15 PM BEGINNING YOGA KRISTIE
12:00 pm -12:45 pm Strength Training Shelby	WEDDESDAYS: 6:15 PM - 7:15 PM YOGALATIES KRISTIE	7:15 PM – 8:15 PM PILATIES CYNTIHIA
12:00 PM — 1:00 PM PILATES CYNTHIA	THURSDAYS: 6:15 PM – 7:00 PM ABS AND LOWER BODY MELISSA	7:00 PM – 7:45 PM STEP MELISSA
izois	FRIDAYS: 12:15 PM – 1:15 PM CARDIO BLAST KRISTIE	qift certificates are evaliable on-campus every other Please call Shelby et x7-



FALL QUARTER, 2005/2006 EXAM SCHEDULE

	ALL QUIZZES ARE GIVEN AT	8:00-8:50 AM UNLESS OTHERW	ISE INDICATED
	PLEASE NOTE THE ROOM Y	OU WILL BE TAKING THE TEST. IT IS	NOT ALWAYS THE SAME
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Sept 7 W	BHS 116 Human Physiology Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	
Sept 9 F	BHS 120.1 Geo & Theo Optics Room 1200-1203		
Sept 12 M	BHS 114 Human Anatomy Room 1200-1203		
Sept 13 T		CLE 270.1 Ophthalmic Optics Room 1200-1203	BHS 360.1 Clinical Medicine Room 1201-1202
Sept 14 W	BHS 140.1 Sensory Aspects of Vision Room 1200-1203		
Sept 15 TH			CLE 365.2 Contact Lenses II Room 1200-1203
Sept 16 F	BHS 150.1 Biochemistry Room 1200-1203	CLE 262.1 Optometry 2.1 Room 1201-1202	
Sept 20 T	BHS 116 Human Physiology Room 1200-1203	BHS 212 Ocular Physiology Room 1201-1202	
Sept 22 TH	BHS 120.1 Geo & Theo Optics Room 1200-1203		CLE 375 Binocular Vision Disorders Room 1201-1202
Sept 23 F		BHS 244 Binocular Vision Room 1200-1203	
Sept 26 M		CLE 270.1 Ophthalmic Optics Room 1200-1203	1
Sept 27 T	BHS 114 Human Anatomy Room 1200-1203		10
Sept 28 W			BHS 363.2 Ocular Disease IV Room 1200-1203
Sept 29 TH	BHS 140.1 Sensory Aspects of Vision Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	
Oct 3	BHS 150.1 Biochemistry Room 1200-1203	- All	BHS 360.1 Clinical Medicine Room 1201-1202
Oct 6 TH	CLE 162.1 Intro to Optometric Procedures Room 1200-1203	CLE 262.1 Optometry 2.1 Room (201-1202	NOOM 1201-1202
Oct 10	BHS 116 Human Physiology Room 1200-1203	×O,	
Oct 11		Room 1200 - 1203	CLE 365.2 Contact Lenses II Room 1201-1202
Oct 12 W	BHS 120.1 Geo & Theo Optics Room 1200-1203	5	
Oct 14 F	0,	BHS 212 Ocular Physiology Room 1201-1202	CLE 375 Binocular Vision Disorders
Oct 18 T	BHS 114 Human Anatomy Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	
Oct 19 W	The.		BHS 363.2 Ocular Disease IV Room 1200-1203
Oct 20 TH	BHS 140.1 Sensor Aspects of Vision Room 1200-1203		
Oct 21 F	:5	CLE 262.1 Optometry 2.1 Room 1200-1203	
Oct 24	Illino	BHS 244 Binocular Vision Room 1200-1203	NOTE: EXAM GIVEN DURING CONFERENCE 2:30-3:20 CLE 380.2 Clinic Exam Room 1201-1202
Oct 25	BHS 150.1 Biochemistry	1001111200-1200	100111 1201-1202

oight Led

Jidit/Red by Hindis Callege of Optometry Library



Focal Point

Office Relocated

A note from Beth A. Karmis, M.A., Director of Student Counseling & Enrichment -

Please note that my office has been relocated. You will find me on the 2nd floor, Room 2721. I am in the office suite with the College's Development and Human Resources Departments. This directly across the hall from the Student Affairs, Admissions and Registrar's Office.



The morns are meeker than they were,

The nuts are getting brown; The berry's cheek is plumper The rose is out of town:

-Emily Dickinson (1830-1886) "Natur XXVII, Autumn'

energetic addition to the ICO family! She will be working closely with current ICO students and alumni on issues related to professional development career and placement.

If you see her oncampus. do hesitate to introduce yourself. She is eager to get to know the College community. Once Tracy gets settled.

you will read and hear more from her. Ms. Faulkner's office is on the 3rd floor within the Student Wellness Center. She can be reached at ext. 7403 or tfaulkner@ico.edu.

Do not hesitate to stop by to see me; you ea reach me by calling ext. 7415 or email bkarmis@ico.edu. For the short-term, tutor lists are still available in the Student Wellness Center and by email.

Welcome Aboar

Welcome ICO's new Career Development Counselor - Tracy Raukner

We'd like to take the opportunity to welcome Ms. Tracy Faulkner, ICO's new Career Development Counselor. She is brand new to ICO - starting here last Friday, September 16th. Ms. Faulkner has a rich background in Career Services, Student Affairs and most recently Admissions. Tracy has worked with students in a health professions program and

Attention Third Years-Graduation Pictures

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 13 and 14th 2005 from 8 a.m. – 4 p.m. in the Gym. Reminders and

sign up sheets will be posted on the third year bulletin board during the first week of the winter quarter.

NOSA News

This is the last week to sign up to become a member! Sept 29th is the deadline. If you would like to become a member and/or have any questions about membership please direct them to President, Joe Pruitt at jpruitt@eyedoc.ico.edu. For those who have already signed up, please turn in your completed information forms by Sept. 29th in NOSA's box #669.

In other news, there is a **vision screening** Oct 8th at Trinity United Church of Christ from 9am - 1pm. If you are interested in participating and/or have any questions please contact Joe Pruitt.

Special Olympics Vision Screening

United Center - October 6th, 2005

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. We appreciated all your time and help last year and hope to see you this year October 6.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on October 6th from 8:00 am to 2:00 pm Chicago, IL at the United Center.

We need as many optometrists, opticians, at sents, family/friends as possible to volunteer their services. Every volunteer who

has participated in the SOLCIOE Program has found it an invaluable learning and growing experience.

Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91 @aol.com or msigler@ico.edu.

Did You Know?

Dr. Colip

Severe Ocular Injuries in Children Resulting from Pointed Door Handles

Clinical records of 15 patients who sustained severe ocular injuries from door handles were reviewed for place of trauma, presenting symptoms and signs, surgical procedures performed and final outcome.

There were 12 boys and three girls with an average age of 7.8 years (range, 6 to 10 years). Place of trauma was at home in 12 children and in school in three children. Presenting Visual acuity (VA) was 4/200 in one catient, light perception (LP) in five patients and no light perception (NLP) in nine patients. There were nine eyelid or canalicular acerations, four ruptured globes, and 14 optic nerve avulsions. All ruptured globes were repaired initially and eyelid and canalicular lacerations were repaired primarily within 24 hours of presentation. Final VA was 20/30 in one patient, LP in one patient and NLP in 13 patients. Eight eyes required enucleation for painful blind eye or to achieve optimal cosmesis.

Pointed door handles installed at current heights may pose a significant risk of ocular and periocular injuries among young children.

SOURCE: Chaudhry IA, Al-Sharif AM, Shamsi FA, et al. Severe ocular injuries from pointed door handles in children. Ophthalmol 2005, Aug 12 [Epub ahead of print].

Alumni Reunion Weekend

November 11-13, 2005

It's time to start gearing up for Alumni Reunion Weekend 2005! Students, faculty and staff are welcome to join in the festivities November 11th - 13th. Additionally, student volunteers are needed to help work during the events. More information will be available soon in your mailboxes and class announcements. See Connie Pietrzak in the Alumni Office (across from the cashier) for a list of events and opportunities or contact her at cpietrzak@ico.edu.

Admissions News

Interviews Begin Monday the 26th!

The Office of Admissions has been quite busy since we started accepting applications for the

2006 Entering Class! Admission interviews for the Class of 2010 will begin on Monday, so if you run into (nervous)

prospective student on campus, be sure to give them an ICO welcome! The Office of Admissions would also like to thank the following students who will be serving as Interview Day Tour Guides/Hosts for the fall quarter:

Heidi Bartell Billi Campbell Sam Dhaliwal Camy Grewal Jennifer Gula Mariah Harvey Nhat Le Tanya Le Lisa Perry
Renee Phipps
Rachael Powel
Bree Rogoza
Janet Wheeler
Vanessa Wong
Lakita Woods
Betsy Wright

Board Student Affairs Committee Meeting

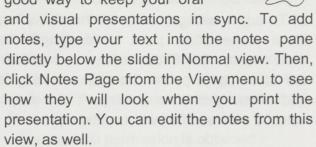
On Thursday October 6th from 8:00 – 9:30 am in the Library Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

Tech Tips

Ahmed Mohammad

Power Point Presentation

Adding notes to a printed copy of your slide show is a good way to keep your oral



Here's a quick way to personalize the text for similar slide shows without heavily editing the entire presentation.

Let's say you want to present a fundraising show you made for parents whose kids play in a youth soccer league in one town to

parents of kids who play in a soccer league in another town. The first presentation mentions the River City Youth Soccer 12 times in text bases. Now you want to change each mention to Red Falls Youth Soccer.

Like Word, PowerPoint has a Find & Replace tool. From the Edit menu, choose Replace. In the Find box type River City Youth Soccer. In the Replace With box type Red Falls Youth Soccer and click Replace All.

Hide Your Slides

Another easy way to personalize presentations is to hide slides intended for one audience but not intended for another. Click View and Slide Sorter and then highlight the slide you want to hide. Open the Slide Show menu and choose Hide Slide.

Brand Your Slides with a background

1) Open a blank PowerPoint presentation, or a completed presentation to which you want to add a background.

3

Security Note

Please remember to display your ID

while on campus. Thank you

Note If your completed presentation contains master slides, you might not want to apply the background to the master slides and risk unwanted changes to your presentation. The alternative is to add the background to one slide at a time.

- 2) To add a background to all the slides in a blank presentation, point to Master on the View menu, click Slide Master, and perform the following steps on the slide master. To add a background to a single slide, simply select a slide and follow the same steps.
- 3) Choose the logo or clip art you want to use as a slide background. On the Insert menu, point to Picture, and then click Clip Art to create a background from a new picture, or click From File to use a picture you have in your files. Keep in mind that not all clip art makes an appropriate background. You might have to experiment a little.
- 4) Select the logo or clip art you want and insert it in the presentation.
- 5) The logo or clip art appears on the slide master, but is not yet transparent.
- 6) Right-click the logo or clip art on the slide, and then click Format Picture.

 On the Picture tab, click the arrow next to the Color box, click Washout (Watermark in PowerPoint 2000), and then click OK.

 With the logo or clip art still selected, right-click and then click Save as Picture.
- 7) Delete the original image from the slide. You'll replace it with the transparent version you just prepared and eaved.
- 8) On the Formatmenu, click Background.
- 9) In the Background dialog box, click the arrow in the box under Background fill, click Fill Effects, and on the Picture tab, click Select Picture.

10) Find and select the picture you formatted as a transparent background, click Insert, click OK, and then click Apply.

Your transparent image has been added to the master slide as a background, and the new background will appear on every new slide you add to the presentation. If you selected a single slide, the background has been added to the slide you selected.

How to print certain slides as handouts in PowerPoint

Choose **File** | Print and in the Print dialog box, select the Slides option button in the Print Range panel. To print non-consecutive slides, enter the slide number followed by a comma (no spaces necessary, such as 6,3,7,10). In this way, you can select the order you want to arrange your handouts and present the best of your presentation for audiences to keep. If you want to print a range of consecutive slides, enter the slide numbers with a hyphen between them (such as 8-7 or 4-9). www.smartcomputing.com

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian VisionCite

unique database in our online catalog called VisionCite. For over twenty years, the library staff has entered the article information and subject headings on all the eye-related articles that are in the Library's magazines and journals. There are now over 210,234 citations in VisionCite on all aspects of vision, eye disease and care, visual problems and related areas.

When you search iLink (our online catalog) at our on campus website at http://icolibrary/library.htm, you can see both our books and all these article citations. Books have a call number like in the first entry; the second is a VisionCite article.

1

RC280 .E9 075 2004

2005

2005

Details_

Orbital tumors : diagnosis and treatment

Karcioglu, Zeynel A. New York: Springer, c2005.

1 copy available at Shepard Library--Illinois College of Optometry in STACKS

#2

Details

VISIONCITE ARTICLE

Ohtsuka K

A review of 244 orbital tumors in Japanese patients during a 21-year period: origins and locations / Kenji Ohtsuka.

Jpn J Ophthalmol Japanese Journal of Ophthalmology 0021-5155 2005 Jan; 49(1): 49-55.

1 copy available at VisionCite Database in PERIODICAL

VisionCite does overlap with PubMed, but PubMed does NOT cover many optometry journals or journals relating to contact lenses or practice management. For most topics, it is important to search both VisionCite AND PubMed in order to find all of the needed articles. VisionCite has another advantage—all the articles listed are available in the ICO library in paper or online. From our internal website, click on Full Text Sources to see which ones can be accessed also via the Internet.

VisionCite is available off campus as well at http://library.ico.edu but requires a password to search the database. Please contact a library staff member for a VisionCite lesson or to obtain your off-campus VisionCite user id and pin. (The user ID and Plul are also useful for renewing books from home.)

Photocopier/Printer

The Library's first floor copier (Ricoh-Color) can do color printing for 40 cents. Black and white printing AND copying cost 8 cents. If you do want to do color printing, please change the print properties before you send the job to the printer. Click on the PROPERTIES box by the printer name, and then at the bottom, change the setting from

"Black and White" to "Color."

Item Return

Please place returned library materials into the slot on the first floor circulation desk. If the item is too big or fragile, please hand the checked-out item to a staff member directly.

AV Equipment

Students may borrow laptops, camcorders, digital cameras, and other electronic equipment from the second floor media desk. AV equipment can be borrowed for 24 hours unless special permission is obtained.

Happy Autumnal Equinox and we look forward to serving you in the Library!

BOO BASH, October 15th

Please make note of the schedule change; we thought we'd give you even more time to come up with some creative costumes!



CLASSIFIEDS

O: 3rd and 4th year students

Dr. Pihos

I am looking for lab TAs for the winter quarter to assist in the 1st year optometry lab. The lab is scheduled on Tuesdays, Wednesdays and Thursdays from 9AM - 1PM. Preference will be given to those who can work from 9-1, however, it may be possible to work 9-11 or 11-1. Opportunities to be a grader for the course are also available. The space is limited so please contact me by email as soon as possible at apihos@ico.edu or call ext 7306.

Grading TAs needed:

Do you remember how much fun your first Optometry class was? Dr. David Castells is looking for a couple of bright, self-motivated, 2nd or 3rd year TAs to help in grading assignments, including observations and 1st year examination assignments for Intro. to

Optometric Procedures (CLE 162.1) going on this quarter. Work flow will be fairly steady with flexible hours and a need to meet deadlines. A pair of students that would work well together might work best. Please send e-mail with you GPA, Grade in the above class, phone number and why you are the right person(s) for the job. Thank you.

Work Study Position

3rd year student, Pediatric Outreach Program day / Time: Tuesdays 8:30 AM - 1:00 PM Job description: Assisting with paper work, Rx selection, working with infants and preschoolers

locations: Various preschools in Chicago (must have car)

Contact: Dr. Kattouf x7279, vkattouf@ico.edu

Research Assistant

Primarily data manipulation, picture, and graph generation. Computer skills important – Excel, Powerpoint, Word, SPSS (training available). Flexible hours.

Contact: Dr. Sanford Mark Gross @ 312-949-7314

Wanted:

Work study for Sports Vision. Responsibilities include assisting in research projects and patient care. Must have some availability on Wednesday. Please contact Dr. Stephen Beckerman x7198 for further information.

Workstudy

There are still openings available in Sub-Specialties for dependable workstudies: Advanced Care, Tuesday afternoon; Low Vision, all afternoons and Wednesday morning; Pediatrics, Tuesday afternoon and evening and Saturday morning. Please call Mary Rutherford if interested at 7222 or e-mail mrutherf@ico.edu

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLAORSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who Eligible	Amount	Deadline
The Saskatchewan Association of Optometrists	Saskatchewan resident Financial need Asademic proficiency	Averages \$1500	October 1, 2005
The Greek Women's University Club	Female One parent of Greek ancestry US Citizen Resident of Chicago Metropolitan Area	Varies	Postmarked Saturday, October 22, 2005
2005 Leslie Wintz Scholarship	New Jersey residentFull time enrollmentDemonstrate financial need	Varies	November 30, 2005

Alcon 4 th Year	 4th year 	\$1,000	January 31, 2006
Optomety Student 2006 Scholarship	 Case report of Alcon product 	National winner	To Student Affairs Office
Award – Case Study	THE REPORT OF THE PARTY	additional \$5,000	no olis are used.
AOA Student Leadership Award for 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out

<u>FI</u>TNESSCORNER

BodyParts Fitness Foundation Annual Health-Wellness & Family Walk on September 24

BodyParts Fitness Foundation (BSF) is hosting an Annual Health-Wellness & Family Walk, Sept. 24, 2005, 9am-1:30pm. at Drake Grammar School, 2722 S. King Drive.

Route: S. 31st, E to Lake Front & N to turn-around near Soldier's Field.

Activities: Health-Screening, Raffle Prizes
- Certificate of Participation for youth &
Award Oldest walker, Snacks and
Entertainment for all ages! Meet
dignitaries: Ald. Preckwinkle, State Rep.
Lou Jones ... etc.

Vendor Booths / Business Sponsorships are available! Register early, call, 73/509-6842. (kids under 13yrs \$3 teens \$5, Adults \$10 & Seniors \$8 until 9/10/05, afterwards all ages \$15) The event awarded a proclamation form Mayor Daley as "the 1st in Greater South-Loop / Bronzeville community"!

To learn more: View on CAN TV starting Sept. 5th * Sept. 24 view P.S.A. on Channels: 19,21,27,36 & 42. Finally, Sept. 21st (8-8:30pm): view CAN TV channels 21 Hotline Topic * "Health & Fitness". To

call in for a live discussion, dial (312) 738.1060

To receive a registration form by fax: Dial (312) 226.7336 and enter # 016

Making Strides Breast Cancer Walk on Sunday, October 16

Breast cancer is lot just a women's issue. It could affect any one of us- our mothers, sisters, or friends. American Cancer Society researchers are studying vaccibes, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slaich@ico.edu for details. T-shirts are no longer available, but you can still walk or make a contribution.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table

massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, September 28 and Wednesday, October 12.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and Co students. Emily can be reached through box 246, Donnie can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, and Chris can be reached through box 220. Don't forget to leave

your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat assessment, analysis, fitness flexibility equipment orientation, general fitness analysis, workout consultation. and program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Strength Training Warm-up

When it comes to strength training, warmup sets are not necessarily needed for the muscles to receive proper warm-up. From a physiological perspective, an adequate warm up is one in which the core temperature is increased by 1 degree. It a relatively high number of repetitions are performed (at least 10), and the weight is lifted in a deliberate, controlled fashion without any explosive or jerking movements, then an individual will actually warm up as the set is performed. An exception to this would be someone such as a competitive weightlifter who performs low-repetition sets. Here, one or more warm-up sets should be performed prior to the lowrepetition efforts to reduce the risk of injury.

This information is provided by Fitness Management s provided by IDEA Fitness Journal

Sitiled by Milling 15



ATTENTION: STUDENTS PLANNING TO ATTEND THE AMERICAN ACADEMY OF OPTOMETRY MEETING

San Diego 2005 December 8-11

Travel fellowships to the annual Academy meeting will once again be available to ICO students. These fellowships are funded by the Dean's Office, the Illinois Chapter of the American Academy of Optometry, and the ICO Student Chapter of the Academy. The amount and number of fellowships varies each year and is, in part, dependent on the number of students applying and their level of activity in the Academy. Any ICO third or fourth year student planning to attend the Academy meeting may apply for a travel fellowship. (Any first or second year student who is an author of an accepted poster or paper abstract is also eligible for an award.)

**Preference will be given to those students who are presenting a poster or paper at this year's meeting; who are actively involved in the Academy student chapter; and who are pursuing fellowship in the Academy upon graduation. Additional consideration will be given to students who are pursuing a residency, a career in optometric research or education and who are actively involved in other ICO student organizations. If you would like to apply for a travel fellowship, please complete the following instructions exactly as specified.

- 1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your specific contribution to work to be presented or your involvement in the Academy student chapter as well as explaining your motivation to attend the meeting. **
- 2. If you are presenting a poster at the meeting please include a copy of the abstract as it was submitted to the Academy.
 - You must specify the order of authorship as it was submitted.
 - You must also include a copy of the acceptance statement from the Academy.
 - If you had a poster abstract submitted and rejected, please include a statement about the intended presentation along with a copy of the abstract.
- 3. A short written statement must be submitted from a faculty member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.
- 3. Submit the completed statement with supporting documents to Dr. Mary Flynn Roberts by 5 PM, October 17th. You can place the statement and supporting documents in my mailbox, send it to me via e-mail at mflyrma eyecare.ico.edu or fax it to my attention at (312) 949-7653.
- 4. Include your name, box number or address, e-mail address, and class year on the statement. A phone number is also helpful if the committee needs additional information.

A committee of five ICO Academy Fellows and/or Diplomates will review the statements and designate the award reupients. Any student awarded a travel fellowship directly from the national Academy office or any other organization will not be eligible for this award and the money will be then given to another THANK YOU, DR. FLY

DR. FLYNN ROBERTS

FALL QUARTER, 2005/2006 EXAM SCHEDULE

	ALL QUIZZES ARE GIVEN AT	8:00-8:50 AM UNLESS OTHERW	/ISE INDICATED
		DU WILL BE TAKING THE TEST. IT IS	
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Sept 7 W	BHS 116 Human Physiology Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	s Carter offers the
Sept 9 F	BHS 120.1 Geo & Theo Optics Room 1200-1203	Sha lina anakam smissi sa labi	the salt of action world leviert
Sept 12 M	BHS 114 Human Anatomy Room 1200-1203	Physics April 16 Final 15 Feet	#65758 500 bas (75/0/late)
Sept 13 T	s spring and their level at arrange of	CLE 270.1 Ophthalmic Optics Room 1200-1203	BHS 360.1 Clinical Medicine Room 1201-1202
Sept 14 W	BHS 140.1 Sensory Aspects of Vision Room 1200-1203	al orly matting med becomes	en volt fellowellipt, og keptilin
Sept 15 TH	es next Seudicas will be a service and Seudicas services.	3616 / 1000	CLE 365.2 Contact Lenses II Room 1200-1203
Sept 16 F	BHS 150.1 Biochemistry Room 1200-1203	CLE 262.1 Optometry 2.1 Room 1201-1202	**Preference will be absent
Sept 20 T	BHS 116 Human Physiology Room 1200-1203	BHS 212 Ocular Physiology Room 1201-1202	Academy uppg groduation
Sept 22 TH	BHS 120.1 Geo & Theo Optics Room 1200-1203	Die neusche in des States Dols en avolviens skeig lickers	CLE 375 Binocular Vision Disorders Room 1201-1202
Sept 23 F	enny lagakan matagan yuu saar kale aa assardisa saceram, bus you	BHS 244 Binocular Vision Room 1200-1203	may disal to be read year with of
Sept 26 M	ntr'to director Brisbino Fin Billiotte no	CLE 270.1 Ophthalmic Optics Room 1200-1203	A retain selments is
Sept 27 T	BHS 114 Human Anatomy Room 1200-1203		
Sept 28 W		:101	BHS 363.2 Ocular Disease IV Room 1200-1203
Sept 29 TH	BHS 140.1 Sensory Aspects of Vision Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	2 M you are grammed as
Oct 3 M	BHS 150.1 Biochemistry Room 1200-1203	N/A	BHS 360.1 Clinical Medicine Room 1201-1202
Oct 6 TH	CLE 162.1 Intro to Optometric Procedures Room 1200-1203	CLE 262 1 Optometry 2.1 Room 1201- 1202	os a leum Lo Y
Oct 10 M	BHS 116 Human Physiology Room 1200-1203	*O/	But a mail story of the set of th
Oct 11 T	calienced figures instructors and	CLE 270.1 Ophthalmic Optics Room 1200 - 1203	CLE 365.2 Contact Lenses II Room 1201-1202
Oct 12 W	BHS 120.1 Geo & Theo Optics Room 1200-1203		Mark golsvat vastika
Oct 14 F	0,	BHS 212 Ocular Physiology Room 1201-1202	CLE 375 Binocular Vision Disorders Room 1200-1203
Oct 18 T	BHS 114 Human Anatom Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	September of the complete
Oct 19 W		and and to the act arranged to	BHS 363.2 Ocular Disease IV Room 1200-1203
Oct 20 TH	BHS 140.1 Sensory Aspects of Vision Room 1200-1203	to Herria especial activities	card arms a sun-afrat of
Oct 21 F	:5	CLE 262.1 Optometry 2.1 Room 1200-1203	d oals si rodmun enode
Oct 24	IIIIO	BHS 244 Binocular Vision	NOTE: EXAM GIVEN DURING CONFERENCE 2:30-3:20 CLE 380.2 Clinic Exam
M Oct 25	BHS 150.1 Biochemistry	Room 1200-1203	Room 1201-1202

ojojii Ze



ILLINOIS COLLEGE OF OPTOMETRY

FALL, 2005

SCHEDULE OF FALL QUARTER FINAL EXAMS

September 19, 2005

3 3	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCTOBER 29	OCTOBER 31	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5
9:00 -	BHS 114	BHS 244	CLE 162.1	CLE 262.1	BHS 116	BHS 212 Ocular	BHS 120.1
11:00	Human	Binocular Vision	The state of the s	Optomatry 2.1	Human Physiology	Physiology	Geo and Theo
	Anatomy		Procedures	N			Optics
11:30 -	BHS 254.1	BHS 150.1		1/1		BHS 140.1	CLE 270.1
1:30	Pharmacology	Biochemistry	onton			Sensory Aspects	Ophthalmic Optics
1:45 -		CLE 375	-0,		BHS 360.1	OI VIOIOII	Optics
3:45		Binocular Vision Disorders	Opti		Clinical Medicine		
2:15 -	BHS 363.2		,0,				CLE 365.2
4:15	Ocular		0				Contact Lense
	Disease III		0				II
	ATTENTI	ON: WAK	E-UP DAT	TES FOR A	ALL FINAL E	EXAMS WI	LL BE
	ATTENTI	ON: WAK	E-UP DAT	TES FOR A	ALL FINAL E ESDAY, NO	EXAMS WI VEMBER 8	LL BE 3.
	ATTENTI	ON: WAK NOAY, NO	E-UP DAT	TES FOR A	ALL FINAL E ESDAY, NO	EXAMS WI VEMBER 8	LL BE 3.
	ATTENTI	ON: WAK	E-UP DAT VEMBER	TES FOR A	ALL FINAL E ESDAY, NO	EXAMS WI VEMBER 8	LL BE 3.
	ATTENTI MON MON MON MON	ON: WAK	E-UP DAT	TES FOR A	ALL FINAL E ESDAY, NO	EXAMS WI VEMBER 8	LL BE 3.
	ATTENTI MON MON MON MON MON MON MON MON MON MON	ON: WAK	E-UP DAT	TES FOR A	ALL FINAL E ESDAY, NO	EXAMS WI VEMBER 8	LL BE
.100	ATTENTI MON MON MON MINNO	ON: WAK	E-UP DAT	TES FOR A	ALL FINAL E ESDAY, NO	EXAMS WI VEMBER 8	LL BE 3.
:112	ATTENTI MON MON MON MON	ON: WAK	E-UP DAT	TES FOR A	ALL FINAL E	EXAMS WI VEMBER 8	LL BE
1112	ATTENTI MON MON MON MINNO	ON: WAK	E-UP DAT	TES FOR A	BHS 360.1 Clinical Medicine	EXAMS WI VEMBER 8	LL BE

Siditized by Hinois College of Optometry Library



Focal Point

CAMPUSNEWS

Attention 4th Year Students:

Did You Know?
Dr. Colip

I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up

early.

Listen! the wind is rising,
and the air is wild with leaves,
We have had our summer evenings,
now for October eves!

-Humbert Wolfe (1885-1940)
"Autumn (Resignation)" (1926)

New Technology May Allow Rapid Genetic Testing for Eve Disease. Researchers at the University Michigan Kellogg Eye Center have developed new technology that screens

multiple genes on a single platform. The technology, which is described in the September 2005 issue of *Investigative*

Ophthalmology & Visual Science, was created on a microchip array to help eyecare practitioners narrow their diagnoses for patients with retinitis pigmentosa (RP). The arRP-I chip contains sequences, or genetic codes, of 11 genes that carry approximately 180 mutations associated with early-onset retinal degenerations. More than 30 genes have so far been identified for various forms of RP. The arRP-I chips produced almost 98 percent of the sequence analyzed with greater than 99 percent accuracy and reproducibility, at a material cost of 23 percent less than that of current sequencing methods. The authors note that while the size of the chip currently limits the ability to array all known RP genes, larger platforms are likely to be available soon.

A NOSA Thank You!

NOSA would like to thank all of those who participated in our 1st fundraiser of the year All proceeds from the Business Card Fundraiser were donated to the American Red Cross Hurricane Katrina Relief Effort. We were able to make a donation in the amount of \$550.00! Once again, Thank You.

ICO Welcomes Board of Trustees

Say hello to the men and women that provide governance for CO. They will be meeting oncampus Qst. 6-7. All students are welcome to attend the Student Affairs Committee meeting in the Nibrary Conference Room on Oct. 6 at 8am. CO Student Association President Shauna Lushko provides student representation to the Board of Trustees meeting.

Pachymetry Before or After Goldmann Applanation Tonometry

Fifty-three eyes of 53 subjects who were free from any ocular problems were studied. The measurements included optical pachymetry by the Orbscan II system, followed by Goldmann applanation tonometry, and finally Orbscan optical pachymetry again. Standard Goldmann technique was adopted with the application of one drop of 0.4% benoxinate and fluorescein sodium prior to the measurement. The same operator was involved in the Orbscan pachometry before and after Goldmann tonometry. Another investigator was responsible for Goldmann tonometry. readings were obtained in each case, and the means were used for analysis.

The mean IOP of the sample was 14.6 mmHg. There was no significant difference in the mean CCT values before and after the Goldmann tonometry (551 and 552 microns, respectively).

Standard Goldmann applanation tonometry does not affect the Orbscan CCT values. Measurement of CCT for the adjustment of true IOP can be carried out either before or after Goldmann tonometry.

SOURCE: Huang RY, Lam AK, Chan F, Young SM. Should Orbscan pachometry be performed before or after Goldmann applanation tonometry? Ophthalmic Physiol Opt. 2005;25(5):441-5.

Alumni Reunion Veekend November 11-13, 2005

It's time to start dearing up for Alumni Reunion Weekend 2005! Students, faculty and staff are welcome to join in the festivities November 17th - 13th. Additionally, student volunteers are needed to help work during the events. More information will be available soon in your mailboxes and class as neuncements. See Connie Pietrzak in the Alumni Office (across from the cashier) for a

list of events and opportunities or contact her at cpietrzak@ico.edu.

Parking Garage

Facilities

The Parking Garage repairs are complete. All parking spaces are available for use. Thanks to everyone for your patience during the process.

Tech Tips

Ahmed Mohammad

Display and print out formulas in Excel (2003)

Have you ever wanted to inspect your worksheet formulas on paper but couldn't figure out how to do so? Select Tools | Formula Auditing | Formula Auditing Mode from the menu bar. The hidden formulas will appear right on your sheet. Now, all you need to do is click Print as you normally would to see your formulas in hardcopy form.

Keyboard Short cuts for windows

CTRL+X: Cut CTRL+C: Copy CTRL+V: Paste

Windows Logo: Start menu

Windows Logo+D: Minimizes all open windows and displays the desktop

Use ClearType fonts feature To Improve Readability In WinXP

Chandler Myrick, WinXP product manager, says that ClearType "refines jagged pixels and smoothes the edges of fonts, making them more readable." The technology works hand in hand with the monitor's refresh rate, and, simply put, the results are breathtaking. Interestingly enough, WinXP ships with this amazing feature turned off by default. The easiest way to activate it is to right-click the Desktop, click Properties, choose the Appearance tab, and click Effects. Select the Use The Following Method To Smooth Edges Of Screen Fonts option, and then select

ClearType from the drop-down menu. Click OK to save your change and close the Effects dialog box, and then click OK again to close the Display Properties dialog box. You should see the difference in display quality immediately.

www.smartcomputing.com

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Date Due Reminder Notices

The Library now is sending out emails to notify library users when their checked out books, CDs, videos, and audio tapes will be due in two days time. This will allow you to either renew or return your library materials before they become

overdue. Reserve items



do not get reminder notices since they can be checked out only for three hours or overnight, and cannot be renewed.

Library Renewals

You can renew your own materials if you sign on to the Library website at http://icolibrary/library.htm on campus or off campus at http://library.ico.edu and official on iLink, and My Account. You will need you user ID and PIN, which can be obtained by emailing us at cshepard@ico.edu or by talking to any fulltime library staff member. You also can renew library paterials by telephoning the Library at \$12-949-7158. If your library item is needed by another patron or for reserves, you will not be able to renew that particular itemand must return it to the Library.

The Library has two HP scanners connected to computers in the first floor library computer character (optical aboratory. OCR ecognition) software is installed as well. Omnipage 14 allows you to scan a document

into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file. The scanners can also be used for scanning images within copyright limits. Please ask the fulltime staff for assistance if you are unsure on how to use the scanners.

Internet Laptop Access

Each carrel in the library is equipped with an orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card, you can log into the internet at any carrel in the Library. The second floor Media Circulation desk has network cables that you may borrow for a day. Please let the Library Director, Gerald Dujsik, know if you have any problems.

Third Year Students

Are you having trouble finding the perfect topic for your project? Try looking at the Ophthalmology Clinics of North America (RE1 .07), International Ophthalmology Clinics (RE1 .17) or Developments in Ophthalmology (RE1 .D4) series for ideas. These series review the latest hot research topics and provide comprehensive overviews with longs Jis of references. They are shelved in the book section and can be checked out for four weeks.

Happy Columbus Day and we look forward to assisting you in the Library!

Reminder



Work Study Positions Available in Alumni Office.

Would you like to start networking with alumni? Do you like talking on the phone? Then we are looking for you!

Students are needed immediately to assist with Alumni Reunion Weekend preparations. Many positions are available for students to assist during the events as well, November 11-13. Stop by Connie Pietrzak's office (first floor next to the Lecture Center) and sign up today! Or contact her at x7080 or cpietrzak@ico.edu for more information. Ten positions are available starting October 10th. Flexible hours, excellent pay, and priceless benefits!

Research Assistant

Primarily data manipulation, picture, and graph generation. Computer skills important - Excel, Powerpoint, Word, SPSS (training available). Flexible hours.

Contact: Dr. Sanford Mark Gross @ 312-949-7314

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Greek Women's University Club	 Female One parent of Greek ancestry US Citizen Resident of Chicago Metropolitan Area 	Varies	Postmarked Saturday, October 22, 2005
Acorn Equality Fund	 Resident of Illinois except Cook, DuPage, Grundy Kane, Kendall, Lake, McHenry, and Will Gay, lesbian, bisexual or transgendered of children of 	\$500 – 2,500	Postmarked by Novembe 4, 2005
2005 Leslie Mintz Scholarship	 New Jersey resident Full time enrollment Demonstrate financial need 	Varies	November 30, 2005
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	4 th Car Case report of Alcon product	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
AOA Student Leadership Award For 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office

FITNESSCORNER

Making Strides Breast Cancer Walk on Sunday, October 16

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@ico.edu for details. T-shirts are no longer available, but you can still walk or make a contribution

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at \$7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, October 2 and Wednesday, October 26.

KBE Personal Training

Are you tired of working out without

seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached though box 46, Randy can be reached through box 528, Danny can be reached through box 508, Greyson can be reached through box 489, an Thris can be reached through box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

the ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

High Blood Pressure and Memory Loss Managing high blood pressure is not just beneficial for the heart, but also for the brain. Middle-aged older adults with high blood pressure scored worse on a number of mental-performance tests than people of the same age with normal blood pressure. Researchers also found that those with well-managed hypertension better than those who performed managed their hypertension poorly.

In addition to evidence showing that hypertension is related to a loss of mental faculties, growing research data indicates that the progression of cardiovascular disease is related to a decline in cognitive The researchers have function. recommended that more attention be paid to the screening, assessment, and control of blood pressure in older adults.

This information is provided by IDEA Fitness Journal



Oiditized by Hinois College of Optometry Library

Position	Name	Box
Student Association		alustra construent
President	Shauna Lushko	87
President Elect	Nana Owusu	211
Secretary	Meagan Petraitis	224
Treasurer	Nhat Le	715
Community Service Director	Tirsha Dukes	36
Community Service Elect	Camy Grewal	166
Dir of Note Service	Melissa Oltz	58
Dir-Elect of Note Service	Renee Phipps	225
Class of 2006 Rep	Greyson Barger	489
Class of 2006 Rep	Joel Sollom	606
Class of 2007 Rep	Mona Fahmy	39
Class of 2007 Rep	Tessa Sokol	685
Class of 2008 Rep	Scott Collings	144
Class of 2008 Rep	Grace Tran	256
Class of 2009 Rep	Aaron Ledford	379
Class of 2009 Rep	Shilpa Shah	437
Director of Intramural Sports	Nate Della Vedova	31
RC Head Resident Assistant	Amanda Hobbs	57
AOSA Trustee	Breanne Paul	108
AOSA Trustee-Elect	Aaron Werner	269
American Academy of Opton		40
President	Elizabeth Sanders	600
Vice President	Katerin Ortiz	93
Secretary	Melissa Oltz	58
Treasurer	Jeff Manternach	90
3rd Year Rep	Barb Smith	683
2nd Year Reb	Rasa Maksimavioiute	197
2nd Year Reb	Grace Tran	256
Past President	Jennifer Harthan	
Faculty Advisor	Dr. Mary Plynn	Ste D 2512
	Roberts	
American Optometric Stude	at Assoc.	
AOSA Trustee	Breanne Paul	108
ACCA To the Flori	Aaron Werner	269
AOSA Trustee-Elect		
Beta Sigma Kappa Honorary	Society (BSK)	
President	Megan Ambeault	5
Vice President	Katherine Narbone	686
	Timothy Corl	29
Treasure		
		12
Treasuret Secretary Faculty Advisor	Jill Berends Dr. Andrea McCann	12 BH2013

Club Members/Representatives for 2005 - 2006

Position	Name	Box
Canadian Club	The state of the s	SEE SAMES
Co-Chair	Nate DellaVedova	31
Co-Chair	Amanda Hobbs	57
Co-Chair	Ali Harapiak	50
Faculty Advisor	Rebecca Zoltoski	3511
Faculty Advisor	Dr. McCann	BH 2013
Faculty Advisor	Dr. Lewis	2513
Faculty Advisor	Dr. Block	2003
Contact Lens Society	10 Pergred 19	7 00 0 0
President	Mandy Mataya	91
Vice President	Gillian Robinson	118
Secretary	Kantha Chhuon	25
Treasurer	Carly Szafranski	688
Class Liaison	Shauno Lushko	87
Event Coordinator	Amanda Hobbs	57
Event Coordinator	Nhat Le	715
Event Coordinator	Breanne Paul	108
Event Coordinator	Magdalena Kielian	67
Historian/Publicity	Karen Barbadillo	10
Workshop Coordinator	Sara Betterly	13
Workshop Coordinator	Dzejna Mezbur	94
Faculty Advisor	Dr. Renee Reeder	2571
College of Vision Develor	oment Extension Prog (Ĉ	(D)
Local Liason	Ali Harapiak	50
Faculty Advisor	Dr. Christine Allison	12 11 10 10
1 douby / lavioor	BI. GIIIIGUIIC 7	0.000 10.000
Fellowship for Christian (Optometrists (987 1881 T
Co-Presidents	Melissa Harmych &	51
0680	Matt Jones	181
Treasurer	Betsy Wright	276
Secretary	Emily Lloyd	85
Faculty Advisor	Dr. Kelly Frantz	2559
Cold Koy Honorow CO		
Gold Key Honorary Score President	Joel Sollom	606
Fresident	Juei Soliom	606
ICO Mentors Tutors	Entry Wallack Wallowski and	
Coordinator	Eric Baas	488
Faculty Advisor	Beth Karmis	SAO

10/04/2005

Position	Name	Box
Multicultural Club		
President	Katerin Ortiz	93
Vice President	Mita Patel	216
Community Liaison	Bimal Kaur	61
Community Liaison	Karen Barbadillo	10
Secretary	Anders Hansson	48
Albert Choi	Treasurer	141
3rd Year Class Representative	Melissa Oltz	58
2nd Year Class Representative	Brent Harberts	171
Activities Coordinator	Andrea Woo	274
Activities Coordinator	Priscilla Ramos	115
Faculty Liaison	Suzanne Birnbaum	15
Fundraising Chair	Hershie Dhanoa	33
Faculty Advisor	Dr. Rebecca Zoltoski	3511
Muslim Student Association	harrolly 1977 (Suesteen	
President	Zainab Awan	7
Vice President	Kelly shallwani	278
Secretary	Sofia Quadri	228
Secretary	Mona Fahmy	39
Events Co-ordinator	Nadia Khan	184
Events Co-ordinator	Samina Khan	368
		10
National Optometric Student	Association (NOSA) 200	05-06
President	Joseph Pruitt	114
Vice President	Lakitta Woods	275
Parliamentarian	Allison Moir	675
Recording Secretary	Radha Anand	123
Treasurer	Priscilla Ramos	115
NOSA ICO Delegate	Pooja Anard	122
Corresponding Secretary	Renee Phipps	253
Historian	Cerella Wade	271
National NOSA Pres	Jason Blowe	493
Faculty Advisor	Aisha Davis	SAO
Faculty Advisor	Dr. Joseph McCray	2514

Advisor

S:/studentclubra

Club Members/Representatives for 2005 - 2006

Position	Name	Box
Private Practice Club		(3) insurfacells
President	Angelina Panovic	711
Vice President II	Mandy Mataya	91
Vice President II	Troy Myers	98
Treasurer	Abbie Rondeau	231
Practice Management Chair	Ryan Ames	6
Faculty Advisor	Dr. Elyse Chaglasian	2573
RC Staff	1 Insus evilames ages	RESIDENCE OF THE PROPERTY OF T
Head RA	Amanda Hobbs	57
Floor RA	Mandy Mataya	91
Floor RA	Andrea Vandendool	261
Floor RA	Mike Drabinsky	34
RC Activities Coordinator	Anders Hansson	48
RC Activities Coordinator	Michaela Thompson	253
Applicant Host	Melissa Misko	201
Applicant Host	Camy Grewal	166
Student Volunteers in Opton President	netric Service to Huma Priscilla Ramos	(15)
Norgitish Cooldinator said	it albeitetterytot	inity (SVOSH
Norgitish Cooldinator said	it albeitetterytot	nity (SVOSH
President President- Elect Secretary	Priscilla Ramos Brian Dowling Amanda Hobbs	15 151 57
President President- Elect Secretary Treasurer	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick	57 41
President President- Elect Secretary Treasurer Fundraising Chair	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir	15 57 41 675
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran	57 41 675 713
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith	15 151 57 41 675 713 683
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andéault	15 57 41 675 713 683 5
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andeault Kristin Skluzack	57 41 675 713 683 5 682
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Antobault Kristin Skluzack Karen DeLoss	115 151 57 41 675 713 683 5 682 145
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andeault Kristin Skluzack	57 41 675 713 683 5 682
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 2nd year rep	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andeault Kristin Skluzack Karen DeLoss Kristie Charles	115 151 57 41 675 713 683 5 682 145
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep 2nd year rep 2nd year rep	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andeault Kristin Skluzack Karen DeLoss Kristie Charles	115 151 57 41 675 713 683 5 682 145
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 2nd year rep 2nd year rep 2nd year rep Tomb & Key Honorary Societ Faculty Advisor	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Anthonault Kristin Skluzack Karen DeLoss Kristie Charles	15 57 41 675 713 683 5 682 145 140
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep 2nd year rep 2nd year rep 2nd year rep Tomb & Key Honorary Societ Faculty Advisor Wisconsin Optomatry Club	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andoault Kristin Skluzack Karen DeLoss Kristie Charles Dr. Tina Brandanisio	15 57 41 675 713 683 5 682 145 140
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep 2nd year rep 2nd year rep 2nd year rep Tomb & Key Honorary Societ Faculty Advisor Wisconsin Optomatry Club Co-chair	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Arbbeault Kristin Skluzack Karen DeLoss Kristie Charles Dr. Tina Brandanisio Maureen Finley	115 151 57 41 675 713 683 5 682 145 140
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep 2nd year rep 2nd year rep 2nd year rep Tomb & Key Honorary Societ Faculty Advisor Wisconsin Optometry Club Co-chair Co-chair	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Andoault Kristin Skluzack Karen DeLoss Kristie Charles Dr. Tina Brandanisio	15 57 41 675 713 683 5 682 145 140
President President- Elect Secretary Treasurer Fundraising Chair Local Mission Chair Letter Writing Campaign Chair 3rd year rep 3rd year rep 2nd year rep 2nd year rep 2nd year rep Tomb & Key Honorary Societ Faculty Advisor Wisconsin Optomatry Club Co-chair	Priscilla Ramos Brian Dowling Amanda Hobbs Michelle Fitzapatrick Allison Moir Jessica Tran Barbara Smith Megan Arbbeault Kristin Skluzack Karen DeLoss Kristie Charles Dr. Tina Brandanisio Maureen Finley	115 151 57 41 675 713 683 5 682 145 140



Focal Point

CAMPUS NEWS

Alumni Reunion Weekend

November 11-13th

Celebrating 50 Years as ICO

Register by November 1st!

All ICO students are invited to attend Alumni Reunion

Weekend, November 11-13, on campus. Join us Saturday evening,

November 12th, for the Student/Alumni

Reception in the Library starting 4:00 p.m. This is a great opportunity to mingle and network with alumni. The evening continues with an Alumni Awards Ceremony featuring Tommy Thompson as keynote speaker. Tommy Thompson is the former Secretary of Health and Human Services and four-term Governor of Wisconsin. His topic will emphasize the trends in health care that will impact each of us in the future A must-see event. We hope you will be able to attend. The

eekend schedule

registration forms

available

www.ico.edu and in the Alumni Office on the first floor. Turn in your registration forms to the Alumni Office or drop in the Internal Mail slot in the mailroom by November 1st.

Hope to see you there!

NOSA News

"We are in the process of finalizing our membership list so if

you signed up and are a member please send your preferred email address to rphipps

@eyedoc.ico.edu a.s.a.p. if you have not done so already. Also. a few of you did not indicate what size Tshirt you wear on your information forms. Therefore, be on the look-out for an email asking you for your size and reply promptly. Failure to do so by the time that will be indicated in the email will result in you receiving whatever is left."



Baseball

by James J. Metcalfe ©

The game of baseball is the king Of all the games we pa And it is one pursuit that is Distinctly V.S.A. The people swarm into the stands To watch their favorite teams And munch their hot dogs when their lungs Are pot engaged in screams The pitcher hurls the horsehide and The batter gets a hit Or else the ball goes sailing and Some fielder smothers it A clever runner steals a base A player takes a walk Or managers and umpires Decide to have a talk The crowd is gay or gloomy or Completely in suspense But it goes wild when someone knocks



The ball beyond the fence.

Did You Know?

Dr. Colip

Short-Wavelength Automated Perimetry and Migraine

Fifteen migraine and 18 age-matched healthy with normal ophthalmologic volunteers participated in this study. examination Migraine characteristics were graded using Disability Assessment Migraine (MIDAS). All participants Questionnaire underwent 30-2 SWAP (short wavelength perimetry) testing amplitude using Humphrey field analyzer.

SWAP parameters for mean deviation (MD) and pattern standard deviation (PSD) were significantly worse in the migraine group. In the migraine group, 53.3 percent of eyes had glaucoma hemifield tests (GHT) outside normal limits and 10 of these had early glaucomatous visual field loss. Statistically significant correlations were found between frequency of migraine attacks and MD and PSD and also between the MIDAS score and MD and PSD.

Some patients with severe migraine have earlier defects on SWAP suggesting a common vascular insult of glaucoma and migraine, and all migraine cases with high MIDAS scores should be further evaluated for early glaucomatous visual field defects using SWAP.

SOURCE: Yenice O, Temel A, Incili B, Tupper N. Short-wavelength automated perimetry in patients with migraine. Graefes Arch Win Exp Ophthalmol. 2005;Sep 21 [Epub ahead of print].

Open Globe Injuries: Factors Predictive of Poor Outcome

In this retrospective study, clinical characteristics and outcome of a series of open globe injuries were presented. Operating department records were reviewed to identify all patients who had undergone repair of an open globe injury from January 1998 to January 2003 at the Manchester Royal Eye Hospital, Manchester, England.

Case notes were examined to determine demographic data, mechanisms of injury, influence of alcohol/drugs and location of injury. The Snellen visual acuity on presentation and initial clinical signs were recorded.

In total, 115 cases of open globe injury were identified, 107 of which had notes available for review. Injury to the eye with a sharp object accounted for 71 of 107 (66 percent) and blunt mechanisms for 30 of 107 (28 percent). In six (6 percent) cases, the cause of injury was unknown. The rate of secondary enucleation in our series of 107 open globe injuries was 13 of 107 (12 percent). Significant risk factors on presentation associated with eventual enucleation included relative afferent pupillary defect, absence of a red reflex, presence of a lid laceration, a blunt mechanism of injury and an initial visual acuity worse than 20/200.

Blunt injuries associated with adnexal trauma, with poor initial visual acuity, the presence of an APD or retinal detachment and the absence of a red reflex are associated with a significantly higher rate of subsequent enucleation.

Source: Rahman I, Maino A, Devadason D, Leatherbarrow B. Open globe injuries: factors predictive of poor outcome. Eye. 2005;Sep 23 [Epub ahead of print].

Congratulations

Student Association would like to congratulate Vanessa Wong for being elected as the new Second Year Student Association Representative and Billi Jayne Campbell for becoming the new first year SA community service representative. Hats off to the both of them!

Donors Organization

Students for Organ Donation, a national student-run nonprofit organization dedicated to promoting organ donation awareness and

registration, is looking for individuals interested in founding and serving as president of a college chapter. Over 87,000 Americans are currently in need of an organ transplant, and while the vast majority of Americans support organ donation, less than half of eligible donors actually donate their organs at death. We believe that a focused effort on the part of college students can measured impact in raising make a awareness and working to solve this problem. If there is any student interested in helping to found a chapter, please email aaron.kolb@yale.edu and ask for further information. You can learn more about the organization at www.studentdonor.org.

Tech Tips

Ahmed Mohammad

Groups In GroupWise address book.

Group is a list of users or resources you can send messages to. Use groups to send a message to several users or resources by typing the group name in the To, BC, or CC text boxes. There are two types of groups: public and personal.

Here are the most commonly used public groups in Novell GroupWise Novell address book

Group name Comments

Faculty

Everyone Faculties and staff Allstudents All ICO students 06students All students graduating year 2006 07students All students graduating 2007 08students students graduating year 2008 09students students graduating year 2009

How to create a personal group in Group Wise

CO faculty

(1) Click Address book icon on the toolbar.

2) Click the personal address book you want

to add this group to.

- 3) Click New on the toolbar > Group > OK.
- 4) Type a name for the group.
- 5) Type comments, such as a description of the group.
- 6) Click Add.
- 7) Click To, CC, or BC > double-click or Ctrl+click and drag the users and resources for your group.
- 8) If the users you want to add are in a different address book, click the address book on the Look In drop-down list.
- 9) To add an entry that is not in an existing address book, click New Contact > fill in the information > click OK > double-click the entry.

10 Click OK twice.

A public group is a list of users created by the system administrator. It is available for use by each GroupWise® user. For example, there may be a public group for the Accounting Department. Each employee in Accounting is included in the group. Public groups are listed in the system address book.

A personal group is a group created by you. For example, if you often send an appointment to your work group, you can include each co-worker's address or name and a meeting place (a resource) in a personal group.

Groups are marked with the icon, and are displayed in both the left and right panes of the open address book.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Second and Third Year Students

The library is still duplicating audio cassette tapes of the lectures. The overwhelming majority of you are using the MP3 lecture tapes located in TheView. Let us know if you still want us to provide audio tapes of the lectures. We are considering eliminating the audio tape recording for the Winter

quarter. We will continue recording the lectures as MP3 files. We only keep the lectures for the current quarter. Contact Mr. Dujsik if you have strong feelings either way about audio tapes. gdujsik@ico.edu.

NBEO exam book

Lakshminarayanan V and Bennet E. Review questions for the NBEO examination:Part one. St. Louis: Butterworth Heinemann; 2005. 1500 examination style questions; rationales for correct answers; companion CD-ROM. This book covers the basic sciences. It is kept at the circ desk and is on reserve for 3 hour loans. Check out Dr. Hodur's section on Ophthalmic Optics.

CLASSIFIEDS

Workstudy Position

The Student Affairs Office has work study positions available on Tuesdays during Winter Quarter. The job offers flexible morning or afternoon hours for an applicant who is detail oriented and proficient in Microsoft Computer programs. Students must dress in clinic attire responsibilities include greeting applicants, conducting campus tours for counseling appointments and answering phones, and various clerical duties. Interested students can contact Sharon Uher in the Student Affairs Office, x7405 rd suher@ico.edu.

Winter Work Studies Needed

Suite Technicians:

Mon am (8:45-12) Suite 1 & 2

Mon eve (3:45-7) Suite 1

Tue eve Suite 1

Wed am Suite 2

Wed pm (12:45-4) Suite

Wed eve Suite 1

Thu am Suite

Calling Patients:

Mon, Wed, Thu, Fri - any 3 hour time

Recalling Patients:

Mon, Tue, Wed, Thu, Fri - any 3 hour time block

If interested please contact Dr. Rozwat at arozwat@ico.edu or x7179

Work Study Positions Available in Alumni Office

Students are needed to assist with Alumni Reunion Weekend preparations. Stop by Connie Pietrzak's office (first floor next to the Lecture Center) and sign up today! Or contact her at x7080 or cpietrzak@ico.edu for more information. Four positions are available starting immediately. Flexible hours, excellent pay, and priceless benefits!

Attention 3rd and 4th year students: Histology Lab TAs needed

Here is a dream opportunity to break in a new histology instructor and get paid, too. Be a histology lab teaching assistant.

The lab schedule for the Winter 2005-06 Quarter is:

Tuesdays 9:00 10:50 and 11:00 – 12:50 Wednesdays 9:00 – 10:50 and 11:00 – 12:50 Thursdays 9:00 – 10:50 and 11:00 – 12:50

fou are interested (please!!!) contact Dr. Bakkum ASAP!!!

Brady 2020

Extension: 7267

Email: bbakkum@ico.edu

Research Assistant

Primarily data manipulation, picture, and graph generation. Computer skills important – Excel, Powerpoint, Word, SPSS (training available). Flexible hours.

Contact: Dr. Sanford Mark Gross @ 312-949-7314

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Greek Women's University Club	 Female One parent of Greek ancestry US Citizen Resident of Chicago Metropolitan Area 	Varies	Postmarked Saturday, October 22, 2005
Acorn Equality Fund	 Resident of Illinois except Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry, and Will Gay, lesbian, bisexual or transgendered or children of 	\$500 – 2,500	Postmarked by November 4, 2005
2005 Leslie Mintz Scholarship	 New Jersey resident Full time enrollment Demonstrate financial need 	Varies	November 30, 2005
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	 4th year Case report of Alcon product 	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
AOA Student Leadership Award for 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

National Massage Therapy (Wa) eness Week

FREE MASSAGE

How often do you find yourself rubbing your neck, stretching your arms, rolling your head or massaging the small of your back while slumping in a chair trying to keep your ayes open studying for finals or boards? You are no different than college professors, administration or the dean of students—stress takes a toll on all of us.

touch" through massage then you will have a chance to on Wednesday, October 26, 2005 from 11:00 am – 1:00 pm in the lobby of the IEI clinic. Soothing Hands Massage Therapy will be hosting free seated massage therapy as part of the National Massage Therapy Awareness Week.

If you have questions about how massage can help you, call Sharita Davis (312) 371-4580.

If you have not experienced the "power of

Making Strides Breast Cancer Walk on Sunday, October 16

Thanks to everyone who supported the Illinois College of Optometry team in Making Strides Against Breast Cancer! We were able to meet our goal of \$1,200 for the American Cancer Society and had a great turnout of walkers for the event yesterday. A special thanks to Dr. T for all of her fund-raising efforts, which brought in over \$700! Thanks again for your support and participation!

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, November 2, and Wednesday, November 16.

FREE Personal Training

Are you tires of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie, box 46, Randy, box 528, Danny, box 508, Greyson, box 489, and Chris, box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7400.

Eye on Wellness

An Apple A Day

The Red Delicious is not only America's most common apple, it's also among the richest varieties in health-promising antioxidants. A Canadian study published in the Journal of Agricultural and Food Chemistry, tested eight different types of apples. Red Delicious led the pack. However, to get the most out of your apple, you've got to eat the peel. Researchers found that the skin of a Red Delicious contains six times antioxidants of the flesh. If you must peel your apples, consider the Northern Spy or Cortland, both of which topped Red Delicious on antioxidant content in the innards alone.

This information is provided by *Tufts University Health* and *Nutrition Letter*

COVERING ALL THE BASES

A little boy was overheard talking to himself as he strode through his backyard, baseball cap in place, while toting ball and bat.

"I'm the greatest baseball player in the world", he said proudly.

Then he tossed the ball into the air, swung and missed.

Undaunted, he picked up the ball, threw it into the air and said to himself, "I'm the greatest player ever!"

He swung at the ball again, and again he missed.

He paused a moment to examine bat and ball carefully. Then once again he threw the ball into the air and said, "I'm the greatest baseball player who ever lived!"

He swung the bat hard and missed the ball yet again.

"Wow!" he exclaimed. "What a pitcher!"

Oidit Zed Dyllinois College
Oidit Zed Dyllinois

1ST YEAR BOOK DRIVE IS HERE!!!!

October 20-Nov 30



What: New or Used Books (for K-8)

Drop Boxes Located Outside Library & in the RC Lobby

Or

\$\$\$

Checks payable to 'ICO Class of 2009' Can be submitted to: Shilpa Shaft Box 447 Aaron Ledford Box 392

ALL PROCEEDS WILL BE DONATED TO LOCAL CHIEFIGO SCHOOLS

Collections start next week....
PLEASE GIVE GENEROUSLY!

For further information, please contact:
Azzrah Thobani Box 443
Billi Campbell Box 314



Focal Point

CAMPUSNEWS

Thanksgiving Food Drive

In the spirit of the upcoming holiday season, the Student Association is sponsoring its annual Thanksgiving Food Drive. The Thanksgiving season provides us the opportunity to reflect on our many blessings. among them family, friends, and an opportunity to help those who are not as fortunate. If you would like to participate in this year's food drive, please bring nonperishable food items to the Residential Complex lobby or the President's Lounge. Our food drive begins Nov. 4 and ends Nov 21. Let's make this year's Thanksgiving food drive the best one ever. Together we can difference.

goods. A food and drink reception will immediately follow the event. Dress for the event will be clinic attire.

Ski Trip 2005-06: The time to sign up for NOSA's 2nd annual ski trip is near!

Ski Granite Peak! 700' mountain with 73 runs. Perfect for everyone from beginner to advanced.

- When: MLK 3-day weekend, Fri-Sun Jan 13-15, 2006
 - Where: Graphe Peak, Wausau, WI
 - Who EVERYONE!!

We will be departing Fri at 5 pm for Granite Peak via party bus. Staying at the beautiful Best Western Midway, where you

A few days ago I walked along the edge of the lake and was treated to the crunch and rustle of leaves with each step I made. The acoustics of this season are different and all sounds, no matter how hushed, are as crisp as autumn air.

- Eric Sloane

get a free deluxe breakfast everyday, a catered dinner Saturday night, and the biggest pool/hot tub in the village!!

Ski or Board all day Saturday and Sunday. Depart for Chicago 5 pm Sunday. Estimated cost (we are still in the process of finalizing the best price possible): \$225 for 2 nights lodging, lift tickets, transportation, meals, and shuttle to the mountain (rentals not included, add \$24/day). Trust us you won't be able to beat the price!

What you need to know for now: There will be a required \$100 deposit that can be made by cash, check, or student account to hold your spot. The deposit will be refundable up until Dec. 1, 2005. We will be outside 1200

NOSA News

Panel Discussion: Nov. 17,2005 7:00 pm

Mark your calendars NOSA's panel discussion will be held Thursday, November 17th at 7:00 pm in room 1200. The topic this year will be "The Versatile O.D. Degree: Ways to utilize an O.D. degree outside of direct patient care." It is due to be an extraordinary event with an outstanding group of panelists which includes our very own President, Dr. Ao Augsburger! Everyone is welcome and the price of admission will be two canned food

the 1st week of winter quarter (Nov. 14-18th) everyday from 11 am to 2 pm accepting deposits. Additional information will be available. Don't hesitate, we fill up fast!

Calling all Presbyopes!

If you, your family, or friends are presbyopic and would like a free multifocal contact lens fit and multifocal lenses, please contact the Contact Lens Society. Email sbetterly@eyedoc.ico.edu ASAP!

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian Library Hours During Fall Break

Sat, Nov. 5	8:00am-5:00 pm
Sun, Nov. 6	CLOSED
Mon, Nov. 7	8:00 am-5:00 pm
Tues, Nov. 8	8:00 am-5:00 pm
Wed, Nov. 9	8:00 am-5:00 pm
Thu, Nov. 10	8:00 am-5:00 pm
Fri, Nov. 11	8:00 am-5:00 pm
Sat, Nov. 12	9:00 am-5:00 pm
Sun, Nov. 13	CLOSED
Monday, Nov. 14	Normal

The Library will be upgrading its library system software during the break week. Materials can be checked out during this time, although searching the online catalog, including VisionCite, may not be possible Thursday, November 10.

Library Discontinues Audio Cassette Recordings!

Last issue, the library asked if anyone wanted us to continue making audio cassette tapes of lectures available. No one contacted Mr. Dusik. Therefore, the library will cease recording the lectures in audio cassette format. The library will continue recording the lectures as MP3 files and make them available on TheView. We only keep the lectures for the current quarter.

either way about this change in policy. gdujsik@ico.edu.

Global Scan on Copiers

The Ricoh copiers can also be used to scan documents to your email address. There is no charge for scanning. Documents may be scanned as pdf, searchable pdf, Word (rtf), Excel (xls), and tiff. Instructions on how to log into Global are available on TheView. Here is an overview of how to do it.

- · Press Scanner button on the copier.
- · Touch Global Scan on the screen.
- Touch User Name box (this will bring up a keyboard).
- Enter your student ID #.
- · Touch OK.
- Enter your Novell network password (same as logging into the computers).
- · Touch OK.
- Touch Login.
- Touch email.
- Use search to fine your email address or use manual entry.
- Put the material to be scanned on the copier and press the green print button on the copier to scan. Change pages and scan again. Press the # sign to end scanning and to send the document.

Touch Logout

Scanning and OCR (Optical Character Recognition)

The library recently upgraded the Omnipage software for the two HP scanners in the first floor computer room. This makes it easier to convert your printed text into a computer file and it retains the formatting. It also has improved forms recognition. Give it a try.

Fall Break Relaxation

The Library has a collection of donated paperbacks and audiotapes for your reading and listening pleasure. The fiction and nonfiction books are shelved in the carrel by the first floor computer room and in a shelving area on the eastern corner of the second floor. They all

have the call numbers RRCF (for Recreational Reading Collection Fiction) or RRCN (Nonfiction). The audio tapes are shelved in behind the second floor Media desk. They can be checked out and renewed for four weeks at a time. Perfect for long airplane, train or bus travel!

Fourth Year Students

The Library will mail, fax, or email you needed books or articles while you are away on externships further than 50 miles from campus. Please call 312-949-7150 or email CShepard@ico.edu for this FREE service. You also can access VisionCite or renew your old library materials from off-campus if you get your User ID and PIN. Please contact a full-time staff member or email us if you need this information.

First Annual ICO Indoor Soccer Champions!

Congratulations to Pat O'Brien, Josh Barnett and Peter DiPasquale who captured the first ever ICO Indoor Soccer Tournament Championship! Way to go 1st years! Tournament MVP was awarded to Anders Hansson, who seemed to be everywhere on the field and played with the heart of a champion. Thank you everyone who participated!

See you at the next one!

Nathaniel DellaVedova

Director of Intramural

RA Applications

Athletics

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2006-2007 resident assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications will be available

November 16th. The deadline for the applications will be December 16th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!

IOA Summit

Illinois Optometric Inaugural Legislative Summit - November 20, 2005 Lisle Hyatt, Lisle, IL

Please consider attending the first ever IOA legislative meeting focusing on the orals legislation and building the keyperson network on November 20th. The meeting will be from 1:00 until 4:00pm, concluding with a cocktail reception until 5:00 pm. Registration is complementary for all ICO students and faculty. Call the IOA office at 800-933-7289 for more details, or contact Dr. Vince Brandys at ext. 7144 or vbrandys@ico.edu.

The TIME IS NOW!! Even if you are planning on practicing elsewhere than Illinois, the afternoon program will provide useful information on how to work with legislators and impact your profession.

And You Know?

Dr. Colip

Ocular Manifestations of Multiple Sclerosis
Multiple sclerosis (MS) is an autoimmune
demyelinating disorder of the nervous system
that is commonly manifested by visual system
involvement and may initially present with
ophthalmologic symptoms.

Manifestations of MS in the eye include the afferent and efferent visual pathways. Optic neuritis, the most common ocular manifestation of MS, may be the initial clinical disease manifestation. Recent long-term follow-up data show that most patients with optic neuritis have an excellent prognosis for recovery of central visual acuity. Evidence is emerging, however, of significant reduction in both contrast sensitivity and color perception despite near-normal visual acuities. Ocular motor deficits in MS include internuclear

ophthalmoplegia and nystagmus, resulting in diplopia, oscillopsia, blurred visual, loss of stereopsis and reading fatigue. MS may also be associated with ocular inflammatory diseases, in particular pars planitis and retinal periphlebitis.

Ocular findings may be initial manifestations of MS and may predict additional demyelinating events. Recognizing these syndromes and signs will help clinicians to properly evaluate the patient, formulate an appropriate differential diagnosis, be able to discuss the prognosis with the patient and help develop an effective therapeutic plan.

SOURCE: Chen L, Gordon LK. Ocular manifestations of multiple sclerosis. Curr Opin Ophthalmol. 2005;16(5):315-20.

Army Reserves Medical Service Corps Loan Repayment

The Reserve Health Professionals Loan Repayment Program provides up to \$50,000 for repayment of educational loans for Optometrists and Entomologists. The Health Professional Bonus Program provides a \$30,000 bonus for Optometry. For more information contact:

Army Reserve Medical Department Eddie L. Gordon

Army Human Resource Manager

Cell: (877) 655-6335 Office: (708) 492-0450

Eddie.gordon@usarec.army.mil

Health Professions Student Grants Program

Special Olympics is pleased to ofter a

grant opportunity for health professions students. The purpose is to promote short-term projects with a focus on the Special Overpics Healthy Athletes® programs and Special Olympics athletes, as well as the

health and well-being of all persons with intellectual disabilities.

Eligibility: Health professions students at the Bachelor, Master, Doctorate and Post-Doctorate levels from accredited institutions or programs in the United States or other countries. Fields or disciplines may include, audiology, dentistry, pre-med, medicine, nursing, optometry, physical therapy, podiatry, public health, social work, law, public administration or other related health areas. All students' projects will require a faculty advisor.

Funding: A project may be funded up to US \$3,500 per year. All awards will be made to the institution on behalf of the student grantee. Funding must include all expenses and no indirect costs may be covered by this grant.

Criteria For Funding: Applications for student grants are accepted year-round. A research committee of Special Olympics, made up of professional staff, Global Medical Advisory. Committee representative, and Global Clinical Advisors, will review project submissions and applicants will receive a response within 30 days of receipt of the application. The format for application will follow the protocol on the website

The funds supporting these grants are from the Special Olympics Healthy Athletes federal project grant # U59/CCU 321826 through the U.S. Centers for Disease Control and Prevention.

To download application go to www://specialolympics.org and click on the research link in the initiatives column. Go to the third paragraph and click on the link that says health professions students. This will bring you to the information that will tell you about the Health Professions Student Grants Program. The link to download the application will be there.

Special Olympics

Completed applications should be returned to:
Darcie Mersereau, MPH
Manager, Research and Evaluation
Special Olympics, Inc.
1133 19th Street, N.W.
Washington, D.C. USA 20036-3604
+1 (202) 715-3600
+1 (202) 824-0351 (Fax)
Or may be submitted electronically to:
2006hastudentgrant@specialolympics.org

Tech Tips

Ahmed Mohammad
Avoid the My Documents
default (Word
97/2000/2002/2003)

When you choose Save As or
Open, Word automatically opens the
My Documents folder in the resulting dialog
box. If you tend to work from a folder other
than My Documents, you'll save valuable time
by setting that primary folder as your default.

To do this, choose Tools | Options from the menu bar, and click on the File Locations tab. Select Documents from the File Types list box and click Modify. In the Modify Location dialog box, open your preferred folder, then click OK. Click OK to close the Options dialog box. Each time you start Word, it opens the folder you designated as the default working folder the first time you access the Open or Save As dialog box.

Regardless of which folder you've selected as the default, Word remembers which folder you navigate to during your Word session and sends you there for subsequent saves or opens. For example, if your default is the C: drive, that folder opens when you first launch Word. But if you havigate to a folder on your network to open or save a document, Word opens that folder next time you click Save As or Open. When you close and reopen Word, the Save As or Open dialog box again defaults to the C: drive.

Q.When I click on "file", I want all of my options to drop down rather than just

those that I frequently use. Can someone tell me how to make this change?

A. Try Tools->Customize->Options. On Excel 2003 is a checkbox that says 'always show full menus'

Office ETips from NewHorizon computer learning center.

CLASSIFIEDS

Library Student Jobs

The Library is looking for students to work on Saturdays or Sundays. Please contact John Goss at ext. 7151 or igoss@ico.edu if interested.

Workstudy Position

The Student Affairs Office has work study positions available on Tuesdays during Winter Quarter. The job offers morning and afternoon hours for an applicant who is detail oriented proficient. Microsoft Computer programs. Students must dress in clinic attire responsibilities and include applicants, conducting campus tours for counseling appointments and answering phones, and various clerical duties. Interested students can contact Sharon Uher in the Student Affairs Office, x7405 or suher@ico.edu.

Research Assistant

Primarily data manipulation, picture, and graph generation. Computer skills important – Excel, Powerpoint, Word, SPSS (training available). Flexible hours.

Contact: Dr. Sanford Mark Gross @ 312-949-7314

Looking for Winter Work Study?

Suite Technician

Mon 8:45 -11:45 am Suite 1

Wed 3:45 - 7:30 pm Suite 1

Thu 8:45 - 11:45 am Suite 1 & 2

Calling Patients, Tue - any 3 hour time block Recalling Patients, Mon, Tue - any 3 hour time block. If interested contact Dr. Rozwat at arozwat@ico.edu or x7179

Phonathon callers needed!

Are you outgoing, personable, with a competitive spirit? Would you like to learn more about practicing optometry, while raising money for ICO? If so, your skills, enthusiasm and drive are needed for our annual student phonathon. The phonathon will be held Nov. 28 - Dec. 1. Come be a part of the fun, food and training provided, flexible hours! Workstudy hours available. Contact Felicia at 7071, ffilbin@ico.edu, or stop by Institutional Advancement.

RESIDENCIFS

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Information about the following residency programs is now available in the Student Affairs Office:

Brochures from Pacific University College of Optometry

- 1. Primary Eye Care (Roseburg VA, Oregon)
- 2. Primary Eye Care/Refractive and Surgical Co-Management (Wainright VA, Walla
- are/Refinent (Wain.

 Disease/Refractive
 ary (Eyecare Associate
 no)
 Primary Eye Care/Geriatric Op
 (Spokane VA)

 Primary Eye Care (Portland VA)

 The second of 3. Ocular Disease/Refractive and Ocular Surgery (Eyecare Associates of Nevada
 - 4. Primary Eye Care/Geriatric Optometry

- 6. Geriatric Optometry/Primary Care (VA Puget Sound, Tacoma, WA)
- 7. Contact Lens and Primary Care (Alaska Eye Care Centers, Anchorage, AK)
- 8. Vision Therapy and Rehabilitation Pediatric Optometry (PUCO)
- 9. Cornea and Contact Lenses (PUCO)

Brochures from the University of Missouri at St. Louis School of Optometry

Includes information on the following programs:

- 1. Primary Care/Geriatrics at the St. Louis Veterans Affairs Hospital
- 2. Primary Care/Ocular Disease at the Columbia Veterans Affairs Hospital
- 3. Ocular Disease and Low Vision Rehabilitation at the Eye/VICTORS Clinic, Kansas City Veterans Affairs Medical Center
- 4. Pediatrics/Binocular Vision at UMSL
- 5. Cornea/Contact Lens at UMSL

Information is available from the New England College of Optometry Residency Programs:

- 1. Family Practice
- 2. Pediatric Optometry
- 3. Comea and Contact Lenses
- 4. Ocular Disease
- VA Primary Eye Care
- 6. VA Ocular Disease
- 7. VA Primary Eye Care/Ocular Disease
- 8. VA Primary Eye Care/Geriatric Optometry\
- 9. VA Primary Eye Care/Low Vision Rehabilitation

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
2005 Leslie Mintz Scholarship	 New Jersey resident Full time enrollment Demonstrate financial need 	Varies	November 30, 2005
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	 4th year Case report of Alcon product 	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
AOA Student Leadership Award for 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Domicility in Greater Chicago area. Jewish student in "helping profession" 	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and dick on Scholarship Services. or call 312-673- 3457

The Student Affairs Office has more information, so stop by and check it wit

FITNESSCORNER

Baby!

Congratulations to Shelby Lalich, our Fitness Coordinator and regular contributor to the Focal Point – she and her husband Joe welcomed their son Luke Joseph into the world on Friday, October 21st, at am. Luke weighed in a 6 lbs 6 oz and is 19 ½ inches tall. Everyone is healthy and doing well!

Please note that while Shelby is on leave many of the usual activities in the fitness center will continue (i.e. group fitness classes, personal trainers offering sessions, and massage therapy).

Massage Therapy

Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is

on-campus every other Wednesday. Please call Beth at x7415 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, November 16.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie, box 46, Randy, box 528, Danny, box 508, Greyson, box 489, and Chris, box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

Off the Beaten Path

With the leaves changing and the early morning nip in the air, the inepitable has happened. Summer glorious summer is coming to an end. Does that mean that your fitness routine comes to an end too? Hopefully not! Do you feel like you're getting into a rut with your usual workout? Consider some unusual ways to get in a workout and beat the fall (and winter) doldrains. From "Centerstage Chicago: The Original City Guide", author Chris Benevich talks about a few different and affordable "Funky Fitness" opportunities.

Ever consider **Swordplay**? The Chicago Swordplay Guild teaches 2 classes at Pulaski Park (1419 W Blackhawk, 312-742-7559, chicagoswordplayguild.com/index2.htm) on Saturdays from 11:30 – 3:00. Swordplay, as the name suggests, involves instruction in and practice of the art of the longsword (a 48" weapon held with 2 hands)...very dramatic...or the rapier (a thrusting sword made famous by many swashbucklers). The classes run for 12 weeks, cost around \$100. Call Pulaski Park for details or visit the Chicago Sword Play Guild website.

How about **Flamenco Dance**? Flamenco is thought to have been derived by the gypsies who traveled out of India into Spain in the early middle ages. It is an exceptionally expressive form of music, dance, singing, handclapping and guitar playing. The Tyego Dance Project (6928 N Glenwood, 773-704-5371) hosts lessons at various skill levels. Visit Flamencotriana.com for more details.

the first thing that pops into your mind for fitness, but Wilbur Wright College (4300 N Narragansett, 773-481-8189, http://wright.ccc.edu/catalog/fall05leisurefam.pdf) offers **Synchronized Swimming.** If you have basic swimming skills and can swim the breaststroke, you may be a candidate for this artful water sport. While classes for the fall are already taking place, check it out for the winter!

Have you ever wanted to fly through the air with the greatest of ease? Circus Arts, especially Trapeze Skills are taught at Broadway Armory Park in partnership with the The Actors Gymnasium and the Flying Ganoas Gym. Learning Circus Arts can help build self-confidence, reduce stress,

and enhance team interactions. It is a work-out unlike any other.
Broadway Armory (5917 N
Broadway, 312-742-7502, http://www.chicagoparkdistrict.com) is just an amazing piece of architecture in Chicago's Edgewater area – and having a place to learn trapeze skills inside a park facility is also amazing. Check out http://www.flyinggaonastrapeze.com/ to learn more about when the classes are taught and fees.

This final recommendation may seem way off the beaten path - **Contact Improvisation.** Up on Sheffield there is a place called Links Hall (3435 N. Sheffield,

2nd floor, 773- 281-0824) which is home to an independent performance space for contemporary dancing, acting, and other performance arts. Contact Improv may be a great break from your usual work-out experience. It is somewhere between martial arts, dance, and drama. contact is non-violent and non-sexual. Contact Improv gets you moving and thinking spontaneously. Links Hall hosts both classes and "jam sessions". One course called "Learn How To Fall" provides instruction in the "Bodyslam Technique". Take a look at their website (Linkshall.org) for more information.

Winter Quarter Fitness Class Schedule Begins November 14, 2005

Monday	Tuesday	Wednesday	Thursday	Friday
12 – 1 pm			12-1 pm	12:30 – 1:15 pm
Cynthia			Cynthia	Melissa
Interval Training			Pilates	Abs and Lower
			12.	Body
3:45 – 4:30 pm	5:15 – 6:00 pm			1:15 – 2:00 pm
Melissa	Kristie	_	0	Kristie
Abs and Lower	Yogalaties			Cardio Blast
Body		*O,		
6:15 – 7:15 pm	6:15 – 7:15 pm	6:15 – 7:15 pm		
Cynthia	Cynthia	Cynthia		
Pilates	Pilates	Interval Training		

Class Descriptions:

Interval Training - Using a combination of strength training and cardiovascular activities, this class will keep you working. All levels are welcome, but be prepared for a challenging workout

Abs & Lower Body Conditioning - This class provides both a challenging and exciting way to strengthen and tone your core muscles and lower body. Exercises can be modified by participants to increase or decrease the difficulty of the class according to your needs and abilities. Seginners and experts are welcome.

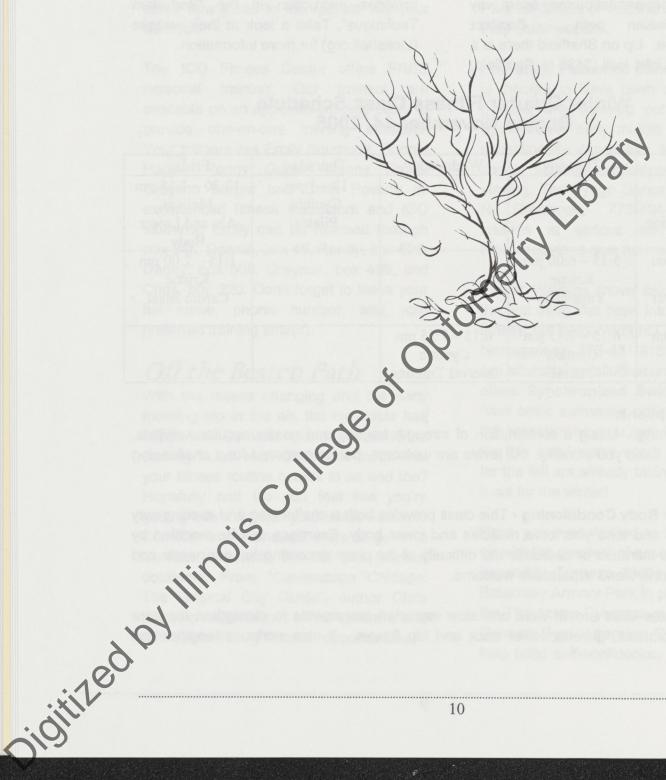
Pilates - Pilates uses breath work and slow executed movements to strengthen the core muscles-abdominals, gluteus, lower back and hip flexors. It also works to lengthen the

spine, build muscle tone, and increase body awareness and flexibility. This class uses a building block format.

Yogalaties - Mind - Body - Soul connection through yoga (flexing, stretching, strength building) and pilates (core strength training along with relaxation and mindful thinking).

Cardio Blast - This class will provide a total body workout incorporating free weights, cardiovascular training and abdominal exercises.

Schedule as of November 2nd, subject to change upon notice.





(

Intramural Athletics News

Flag Intramural Champions

That 70s Show capped off a perfect season defeating a tough Tailgator's

squad capture this season's championship. Team members included Mike Budahn, Paul Kappell, Collings, Scott Brent Harberts, Evan Viere, Jordan Jones, Nana Owusu, Rvan Tetting, Nick Anderson and Marvin Howell. Congrat ulations guys! Thanks to everyone who participated and made it a great season!

Now Grandmother's face I sp Hurrah for the fun, Is the pudding done? Hurrah for the pumph -English folksong,

Over the river and through the woods Trot fast my dapple gray. Spring over the ground Like a hunting hound On this Thanksgiving Day, Hev! Over the river and through the work

RAApplications

phone number when registering. The season will run through both

winter and spring quarters. See

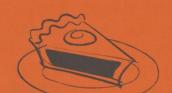
you on the court!

Nathaniel Della Vedova

ICO Director of Intramural

studies. vou looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs Office and pick up a 2006-2007 resident

assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications available. The deadline for the applications will be December 16th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!



Indoor Floor/Ball Hockey

Hockey Night in Chicago continues this wipter quarter every Tuesday night from 7:15 - 9 pm in the gym. Bring a hockey stick or borrow one of ours. Everybody's welcome! We have a good mix of guys and gals who lay each week and we all have a blast to mention a good workout. New at sport? Don't worry! Come, learn and have fun! See ya there!

Intramural Basketball

Sign-ups for intramural Basketball are now underway. Register your co-ed team of 8 in Deadline for registration is Wednesday November 30th. Games will 2nd week of December following bards. Captains, be sure to include your

Tech Tips

Ahmed Mohammad

How to Change an Email to an Appointment in Groupwise.

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select appointment.

Freeze Excel Column and Row Titles

When you work with a large Excel worksheet, it's often difficult to remember what kind of data is in your columns and rows once you begin scrolling around the sheet and lose sight of the column and row headings. Fortunately, you can freeze rows and columns that contain headings so you know what data you're looking at. To freeze a row, select the row number or the cell in column A that's immediately beneath the last row you want frozen. Then, select Window | Freeze Panes from the menu bar. Excel inserts a thin line to show you where the frozen pane begins. To freeze a column, select the column letter or the cell in row 1 that's immediately to the right of the last column you want frozen. To freeze horizontal and vertical areas simultaneously, select the cell that's in the upper-left corner of the range you want to remain scrollable and then invoke the Freeze Panes feature. If you later want to make all regions scrollable again, simply select Window | Unfreeze Panes from the menu bar.

Spotlight on the Librar

by Kathryn Johnston

Information Systems Librarian

The Library will have the following hours during the Thanksgiving break. We will have normal hours through Sunday, November 20.

Monday, Nov. 21 8:00 am-5:00 pm

Tuesday, Nov. 20

8:00 am-5:00 pm Wednesday Wow 23 8:00 am-3:00 pm

Thursday, Nov. 24

Friday Nov. 25

Saturday, Nov. 26

Gunday, Nov. 27 Monday, Nov. 28

Normal hours resume

Any reserve materials checked out after noon on Wednesday, Nov. 23, will not be due until Monday, morning, Nov. 28 at 9:00 am.

New Books

If you meet people from different cultures at the IEE clinic or during Thanksgiving dinner, this new book may help!



Multicultural Manners: Essential Rules of Etiquette for the 21st Century, by Norine Dresser. BJ1854 .D75 2005

The Library also has purchased, Rachael Scdoris: No End in Sight, SF440.15 .S74 2005, the true story of the first visuallyimpaired person to run the Iditarod dogsled

Audio Digest Ophtham dogy

The Library subscribes to a lecture series entitled "Audio Neest Ophthalmology" that provide continuing education on vision and eye care topics. They now are available on CD and can be played in the car during commutes or trips. Recent topics include: Internal bleedin [sic]: our epidemic of medical histakes," "Perspectives on uveitis," and 'Optimizing outcomes in glaucoma." The CDs are stored at the second floor media desk and can be checked out for 4 weeks.

Good luck in the new term and enjoy the Thanksgiving break!

Thanksgiving Food Drive

Ends November 21, 2005

If you would like to participate in this year's food drive, please bring non-perishable food items to the Residential Complex lobby or the President's Lounge. Our



food drive ends Nov 21. Let's make this year's Thanksgiving food drive the best one ever. Together we can make a difference.

Did You Know?

Dr. Colip

Dietary n-3 and n-6 Fatty Acids and Dry Eye in Women

This study aimed to determine the association between the dietary intake and ratio of n-3 and n-6 fatty acids (FAs) and occurrence of dry eye syndrome (DES). Of the 39,876 female health professionals in the Women's Health Study (WHS), 32,470 women aged 45 to 84 years who provided information on diet and DES were cross-sectionally studied. Fatty acid intakes were reported using a validated food-frequency

questionnaire. A total of 1,546 subjects (4.7 percent) self-reported DES.

After adjustment for demographic factors, hormone therapy and total fat intake, the odds ratio for the highest versus the lowest quintile of n-3 FAs was 0.83. A higher ratio of n-6 to n-3 FA consumption was associated with a significantly increased risk of DES for greater than 15:1 vs. less than 4:1. In addition, tuna consumption was inversely associated with DES.

These results suggest that a higher dietaly intake of n-3 FAs is associated with a decreased incidence of DES in women. These findings are consistent with anecdotal clinical observations and postulated biological mechanisms.

SOURCE: Miljanovio B, Frivedi KA, Dana MR, et al. Relation between dietary n-3 and n-6 fatty acids and clipically diagnosed dry eye syndrome in vomen. Am J Clin Nutr. 2005;82(4) 887-93.

Ski Trip

Ski Trip 2005-06: The time to sign up for NOSA's 2nd annual ski trip is now!

Ski Granite Peak!
700' mountain with 73
runs. Perfect for everyone
from beginner to advanced.

- When: MLK 3-day weekend, Fri-Sun Jan 13-15, 2006
- · Where: Granite Peak, Wausau, WI
- Who: EVERYONE!!

We will be departing Fri at 5 pm for Granite Peak via party bus. Staying at the beautiful Best Western Midway, where you get a free deluxe breakfast everyday, a catered dinner Saturday night, and the biggest pool/hot tub in the village!! Ski or Board all day Saturday and Sunday. Depart for Chicago 5 pm Sunday. Estimated cost (we are still in the process of finalizing the best ofice possible): \$225 for 2 nights lodging, lift tickets, transportation, meals, and shuttle to the mountain (rentals not included, add \$24/day). Trust us you won't be able to beat the price!

What you need to know for now: There will be a required \$100 deposit that can be made by cash, check, or student account to hold your spot. The deposit will be refundable up until Dec. 1, 2005.

CLASSIFIEDS

Looking for Winter Work Study? Suite Technician:

Mon am (8:45-12) - Suite I Wed eve (3:45-6:30) - Suite I Thu am (8:45-12) - Suite I & II

Calling Patients:

Tue, Wed, Fri - any 3 hour time block

Front Desk Assistant:

Mon 9-11, 4-6

Tue 9-11 Wed 9-11, 1-3, 4-6 Fri 9-11 Sat 9-11

If interested please contact Dr. Rozwat at arozwat@ico.ed or x7179

Phonathon callers still needed!

Are you outgoing, personable, with a competitive spirit? Would you like to learn more about practicing optometry, while raising money for ICO? If so, your skills, enthusiasm and drive are needed for our annual student phonathon. The phonathon will be held Nov. 28 - Dec. 1. Come be a part of the fun, food and training provided, flexible hours! Workstudy hours available. Contact Felicia at 7071, ffilbin@ico.edu, or stop by Institutional Advancement.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
2005 Leslie Mintz Scholarship	 New Jersey resident Full time enrollment Demonstrate financial need 	Varies	November 30, 2005
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	 4th year Case report of Alcon product 	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
Varilux Student Grant Award Program	 Third and Fourth Year Students Case Report maximum length 2000 words in printed form and computer disk Info must include name, address, email, telephone and W9 form. 	\$1,000	Submit papers to Student Affairs Office by January 2006
AOA Student Leadership Award for 2006	3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values	\$1,000	February 1, 2006 To Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Domicility in Greater Chicago area. Jewish student in "helping profession" 	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and click on Scholarship Services. or call 312-673-3457

FITNESSCORNER

Part Time Fitness Coordinator

Amanda Johnson, M.S. will be working part-time during Shelby Lalich's absence. Amanda has experience in fitness center management, personal training, group fitness programming, individual fitness assessment/programming among other related subjects. She may be familiar to some of you, as Amanda was ICO's fitness coordinator prior to Shelby's tenure. Amanda and her family have been displaced from their home in New Orleans and are here in Chicago temporarily. You will find Amanda in or around the Fitness Center on Monday, Wednesday, and Saturday mornings, or she can be reached by calling ext. 7460.

Massage Therapy

Do classes or work have you stressed? Are you feeling sore from exercise? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Beth at x7415 for further information, to coledule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, November 30.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, Greyson Barger and Chris Pavone all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie, box 46, Randy, box 528, Danny, box 508, Greyson, box 489, and Chris, box 220. Don't forget to leave your full name, phone number, and your preferred training time(s).

Eye On Wellness

Smoking: Facts and Tips for Quitting Vill Gain Weight if I Stop Smoking?

smoking. On average, people who quit smoking gain only about 10 pounds. You are more likely to gain weight when you stop smoking if you have smoked for 10 to 20 years or smoked one or more packs of cigarettes a day. You can control your weight while you quit smoking by making healthy eating and physical activity a part of your life. Although you might gain a few pounds, remember you have stopped smoking and taken a big step toward a healthier life.

Will this weight gain hurt my health?
The health risks of smoking are far

greater than the risks of gaining 5 to 10 pounds. Smoking causes more than 400,000 deaths each year in the United States. You would have to gain about 100 to 150 pounds after quitting to make your health risks as high as when you smoked. The health risks of smoking and the benefits of quitting are listed below.

When you smoke...

- Your heart rate increases.
- You expose yourself to some 4,000 chemicals in cigarette smoke and 40 of these chemicals cause cancer.
- You are much more likely to get lung cancer than a nonsmoker. Men are 22 times more likely to develop lung cancer, while women who smoke are 12 times more likely.
- You are twice as likely to have a heart attack as a nonsmoker.
- You increase your risk for heart disease, stroke, some types of cancer, emphysema, chronic bronchitis, and other lung diseases.
- You are hurting not only your own health, but the health of anyone who breathes the smoke, including nonsmokers.

- effects of the nicotine within 12 hours after your last cigarette.
- Your heart and lungs start repairing the damage caused by cigarette smoke.
- You breathe easier and your smoker's cough starts to go away.
- You lower your risk for illness and death from heart disease, stroke, chronic bronchitis, emphysema, lung cancer, and other types of cancer.
- You contribute to cleaner air, especially for children who are at risk for illnesses because they breathe others' cigarette smoke.

Adapted from the National Cancer Institute's "Smoking: Facts and Tips for Quitting"

Become More Physically Active.

Becoming physically active is a healthy way to control your weight and take your mind off smoking Cone study, women who stopped smoking and added 45 minutes of walking a day gained less than 3 pounds. In addition to helping control your weight, exercise increases your energy promotes self-confidence, improves your health, and may help relieve the stress and depression caused by the lack of nicotine in your body.

The Benefits of Quitting

· Your body begins to heal from the

Winter Quarter Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	12 – 1 pm	1010		12 – 1 pm	12:30 – 1:15 pm
	Cynthia		EMELL bris	Cynthia	Melissa
	Interval Training	-0,		Pilates	Abs and Lower Bod
	3:45 – 4:30 pm	5:15 – 6:00 pm	Mileton	at box to a straight of the	1:15 – 2:00 pm
	Melissa	Kristie	Notes to Ver		Kristie
	Abs and Lower Body	Yogalaties			Cardio Blast
	6:15 – 7:15 pm	6:15 – 7:15 pm	6:15 – 7:15 pm	grafiera de la filosopa de la filoso	talken net malesam.
	Cynthia	Cynthia	Cynthia		
	Pilates	Pilates	Interval Training		
2	to				
			111000		



ATE I		E ROOM YOU WILL BE TAKING THE TEST		
2/2	FIRST YEAR	SECOND YEAR CLE 270.2 Ophthalmic Optics II	THIRD YEAR	FOURTH YEA
F		Room 1200-1203		
2/5	BHS 120.2 Geo/Theo Optics			+
М	Room 1200-1203			
2/6		BHS 254.2 Gen/Ocu Pharmacology		1
Т		Room 1200-1203		
2/7 N	BHS 150.2 Biochemistry Room 1200-1203			
	NOSIII 1200-1203			
2/8 'H				
2/9	DUC 116 2 Dhuaislanu 9 Dathalanu	015 000 0 0 4 4 4 4 4 0 0		
F	BHS 116.2 Physiology & Pathology Room 1200-1203	CLE 262.2 Optometry 2.2 Room 1201-1202		
/13	BHS 106 Histology		CLE 367 Low Vision	-
Т	Room 1200-1203		Room 1201-1202	
/14		BHS 263.1 Ocular Disease I		1
Г		Room 1200-1203		1 1 1 1 1 1
/15 H	BHS 107 Ocular Anatomy Room 1200-1203			1
	Room 1200-1203			
116		BHS 245 Color Vision Room 12000-1203	CLE 376.1 Strab & Amblyopia Room 1201-1202	
	0110 400 0 0 0		1,00111 1201-1202	
73	BHS 120.2 Geo/Theo Optics Room 1200-1203	BHS 246 Visual Perception Room 1201-1202		
15	CLE 162.2 Optometry 1.2	BHS 248 Persp on Behavioral Disorders		-
Н	Room 1200-1203	Room 1201-1202		
16			BHS 360.2 Clinical Medicine II	1
			Room 1200-1203	12
/9	BHS 106 Histology			1 ,
N	Room 1200-1203			0
10		CLE 270.2 Ophthalmic Optics II	:10	
		Room 1200-1203	1 11	
11 V	BHS 150.2 Biochemistry II Room 1200-1203		BHS 363.4 Ocular Emergencies Room 1201-1202	
		DUO OSA O CONTRACTOR	101-1202	
13	BHS 107 Ocular Anatomy Room 1200-1203	BHS 254.2 Gen/Ocu Pharmacology Room 1201-1202	11)	
18	BHS 116.2 Physiology & Pathology	CLE 262.2 Optometry 2.2	2	-
v	Room 1200-1203	Room 1201-1202		
19			CLE 367 Low Vision	1
н		XO	Room 1200-1203	
20	BHS 120.2 Geo/Theo Optics	BHS 246 Visual Perception		1
	Room 1200-1203	Room 1201-1202		
23		BHS 263.1 Ocular Disease I Room 1200-1203		
		1200-1203		
24	BHS 106 Histology Room 1200-1203			
26		BNS 248 Persp on Behavioral Disorders	CLF 376 1 Strah 2 Ambhani-	-
H		Room 1200-1203	CLE 376.1 Strab & Amblyopia Room 1201-1202	
27	BHS 150.2 Biochemistry II)		1
	Room 1200-1203			
30	CLE 162.2 Optometry 1.2			1
1	Room 1200-1203			
31	. 6	BHS 245 Color Vision Room 1200-1203	BHS 360.2 Clinical Medicine II	
		R00III 1200-1203	Room 1201-1202	
1	BHS 106 Histology Lab Final Room 1200-1203			
-	1200 1200		NOTE: EVAN OR F	-
3			NOTE: EXAM GIVEN DURING CONFERENCE 2:30-3:20	
1		CLE 270.2 Ophthalmic Optics II Room 1200-1203	CLE 380.2 Clinic Exam Room 1201-1202	
_			TO STITLE OF TAVE	
7	BHS 107 Ocular Anatomy Room 1200-1203	BHS 254.2 Gen/Ocu Pharmacology Room 1201-1202		

oigitized o

Digitized by Hingis College of Optometry Library



Focal Point

CAMPUSNEWS

From the Mailroom:

Holiday Mailing and Shipping Ideas

The mailroom will send your holiday cards out in the regular mail. Please have your pre- stamped cards bundled (with a rubber band) and put them in the out going mail tray. If your cards need to be posted please give them to someone in the mailroom with the correct postage amount. The mailroom will accept a check made out to the

order of ICO, however we can not accept credit cards.

To insure delivery before the holidays, cards should be mailed no later than December 17th, 2005. If you are sending cards internationally have them in the mail by December 8th or earlier. If you need a zip code, go to www.usps.com.

The mailroom can provide brown wrapping paper, package sealing table and a place for you to wrap your packages. We have some generic type boxes in varying sizes available.

Please remember that the only way we can send out a package that is insured and traceable is to ship it via UPS. UPS rates are ually less costly than 1st class mail and the heavier the package the greater

the price difference. UPS can not accept any packages that are addressed to P.O. Boxes. If you must send your package using the USPS

In the bleak mid-winter
Frosty wind made moan,
Earth stood hard as iron,
Water like a stone;
Snow had fallen, snow on snow,
Snow on snow,
In the bleak mid-winter,
Long ago.

- Christmas Carol

system please come down and wrap your package. You can then take your package to a United States Postal Station where they can insure the package.

Regarding shipping for the Holiday Season UPS has sent a Holiday Service Schedule. The Schedule will be posted

on the bulletin board just outside the metroom.

As always we have UPS and FedEx overnight and second day service.

Please be aware that only FedEx service can be billed to your student account. We are sorry but we do not accept credit cards, but checks are acceptable. Checks should be written to ICO. If you need any other information we will be happy to help. Mailroom X 7085 or X7087

RA Applications

Due to Student Affairs, 12/16-noon

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs Office and pick up a 2006-2007 resident assistant (RA) application. RAs serve an important role here at ICO in that they are a voice for the

The next Focal Point will come out December 14, 2005. The submission deadline is December 12.

students, in the RC. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are available in the Student Affairs Office. Applications must be submitted to the SAO by December 16th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!

Did You Know?

Dr. Colip

Repeat Penetrating Keratoplasty

Repeat penetrating keratoplasty (PKP) is quite often required because there is high chance of failure of the primary graft particularly in the developing world. This study analyzed the indications and outcome of repeat PKP in a tertiary care center. A retrospective analysis of all the patients who underwent repeat PKP between January 1999 and December 2001 was performed. The parameters evaluated were indication for the primary PKP, causes of failure of the previous graft and final visual outcome and clarity of the repeat corneal grafts.

Of 53 eyes of 50 patients with repeat PKP (three patients underwent bilateral corneal regrafts), 37 eyes had undergone one regraft each, 14 eyes two regrafts and two eyes had three regrafts. The follow-up of the patients ranged from one to three years. The most common primary vascularized etiologic diagnosis was corneal scars (66 percent), of which the scars related to infection were most common (68.5 percent). Twenty eight regrafts (52.8 percent) remained clear at a mean follow-up of 1.54 years, of which 25 were single regrafts (89.3 percent). The most common cause of failure of regiant was infection to the corneal graft (recurrence of herpetic infection in nine eyes and perforated graft ulcers in three eyes). Three (18.6 percent) of the 16 eyes with multiple corneal regrafts achieved a VA of 20/200. Overall, only five eyes (all

with single regraft) achieved a BCVA of 20/60 or better at the end of follow-up.

Graft infection is the leading cause of failure of repeat PKP. Prognosis for visual recovery and graft survival is worse in eyes undergoing multiple regrafts.

SOURCE: Vanathi M, Sharma N, Sinha R, et al. Indications and outcome of repeat penetrating keratoplasty in India. BMC Ophthalmol. 2005;5(1):26.

Student Association Upcoming Events:

At the first bar of Christmas, the bartender gave to me...

Yes, it's that time again, time for ICO's annual 12 Bars of Christmas! **Saturday, December 10th at 6:00pm** we will start our bar crawl at Mickey's Bleachers in Wrigleyville. Wristbands for the event are \$7 and will ensure no cover at any of the bars! You're sure to have a great time, and at the 12th bar of Christmas. We'll see who's left standing!

Friday Vanuary 20th: Optometry Night Live
Did you know that 15 minutes of laughing will

about 50 calories...so get ready to loose a few pounds and laugh along with your colleagues at the second annual ICO Optometry Night Live. There will be more information soon, but start thinking about your skits!

Saturday, March 11th: Eyeball

We thought we'd give you plenty of advanced warning so when you're home for winter break you can search your closet and find the perfect outfit. We have tentatively scheduled Eyeball for this date, and more information about the event is sure to follow.

NOSA News

Ski Trip 2006

Those of you who signed up to go on the ski trip the remaining balance is due by Friday, December 16. We will have a table outside of 1200 December 12-16 from 11:00 am to 2:00 pm for you to pay off

your balance and to get answers to any questions you might have. You can pay by either student account or check (please make checks payable to NOSA). If you have any questions before then, please direct them to jpruitt@eyedoc.ico.edu.

Jones College Prep

The teacher of Jones College Prep's forensic science class has requested we come and speak to her students about the eye. Therefore, we are looking for 2-3 members to volunteer (each time) to participate in the presentation. We are asking for 2nd and 3rd years because of their greater knowledge base.

Jones College Prep is a City of Chicago magnet school located a few blocks north of ICO on Wabash. A "magnet" school means the students must first qualify to attend. Therefore, the students are driven and are most likely college bound. The dates and times we will be heading up there are the following: Tuesday, Dec. 6 from 2:07-2:54 pm and Friday, Dec. 9 from 8:00-8:47 am.

Please respond to jpruitt@evedoc.ico.edu if you are interested. Thank you

Tech Tips S Ahmed Mohammad

Junk Mail Handling in Groupwise Email

You can add individual e-mail addresses or entire Internet domains to a Block List. Items from these addresses or Internet domains are slocked and never arrive in your Mailbox. An Internet domain is the part of the e-mail

address that comes after the @. For example, in the address Henry@mymail.com, the Internet domain is mymail.com.

- a) Right-click an item with an Internet address > click Junk Mail.
- b) Click block Sender.
- c) Select block e-mail from this address or block any email from this internet domain.
 (The internet domain comes after the @ in the address.)
- d) Click OK

Note: Junk Mail Handling does not apply to internal e-mail. Internal e-mail is e-mail where the sender is part of your GroupWise system and the From field shows only the name of the sender, not an Internet address as explained above.

Spotlight on the Library

by Kathryn Johnston

Library Research Tips

The Library now has many DVDs and CD-ROMs for your use. Most of the DVDs are stored behind the second floor media desk with the videocassettes. Many of the CD-ROMs are shelved in the Library's workroom or in the display cases in the lobby. These tems may be checked out for one week at a time (unless they are on reserve) and can be renewed. However, many of our books now come with supplementary DVD or CD-ROM disks, and they are checked out with the book for four weeks. These disks are particularly useful since they may be used to create PowerPoint presentations or sometimes act as review/quiz study resources. Other times, they show surgical or clinical procedures described in the text.

To get a list of all the CD-ROMs stored in the CD-ROM area, click on iLink in the Library's online catalog on campus at http://icolibrary/library.htm or from off-campus at http://library.ico.edu.

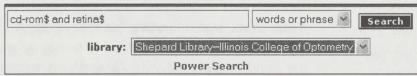
Click on PowerSearch.

Click on Type.

Click on CD-ROMs and DVDs.

To find all CD-ROMs, including those kept within a book, type "CD-ROM\$" in the words/phrase search box. The dollar sign "\$" means that we want all words that begin with those letters in order to get plurals or variations such as "retina," "retinas," or "retinal:"

You can also narrow it down by adding additional search words. For instance, to find all CD-ROMs on the retina:



Library Hours During December Break

Library	Hours During	December Break
Fri.	12/16/05	7 am to 5 pm
Sat.	12/17/05	9 am to 5 pm
Sun.	12/18/05	Closed
Mon.	12/19/05	8 am to 5 pm
Tue.	12/20/05	8 am to 5 pm
Wed.	12/21/05	8 am to 5 pm
Thu.	12/22/05	Closed
Fri.	12/23/05	Closed
Sat.	12/24/05	Closed
Sun.	12/25/05	Closed
Mon.	12/26/05	Closed
Tue.	12/27/05	8 am to 5 pm
Wed.	12/28/05	8 am to 5 pm
Thu.	12/29/05	8 am to 5 pm
Fri.	12/30/05	Closed
Sat.	12/31/05	Closed
Sun.	01/01/06	Closed
Mon.	01/02/06	Regular hours result

Photocopying and Printing

Please send any large print low (over 15 pages or multiple images) to one of the Ricoh machines. The laser printer (LJ5000N) in the first floor computer lab cannot handle large or complex print jobs The first floor Ricoh copier/printer/scanner makes color or black and white prints or copies. Please report any problems with the photocopiers/printers to the Library staff.

Studying for Boards

be Library has many books on reserve for

studying for the NBEO exams, such as the Berkeley guides (RE953 .B47), TPA Exam Questions (RE953 .B47) and TPA Exam Workbook (RE953 .B47) for TMOD, Optometry [1000 Examination Review Multiple-Choice Questions] (RE953 .B47), Butterworth Heinemann's Review Questions for the NBEO Examination (RE953 .B885 2006). Part I already is on the reserve shelf. Part II is on order and we hope it will arrive by the time this Focal Point has been

published.

In addition, many students have found that review books for the ophthalmology board exams can

be useful as well. Titles include Review Questions in Ophthalmology: a Question and Answer Book by Chern (RE49.C5 2005) the most recent edition of which is on reserve but can be checked out for a week. The older editions are in the stacks. Also consult The Massachusetts Eye and Ear Infirmary Review Manual For Ophthatmology by ICO consulting retinal specialist, or Rama Jager (RE49 .L3), and Kanski's Ophthalmology in Focus (RESERVES RE49.K3593) and Clinical Ophthalmology: a Test Yourself Atlas (RE49 .K28).

Pross-Cultural Interpreting

Dr. Eileen M. Gable, OD

Through the VOHHA program, we have a contract with Hartland's Cross-Cultural Interpreting Services. This agency specializes in training and providing medical and mental health interpreters. I just received their announcement of upcoming course in basic medical and mental health interpreting training. If you or someone you know would be interested, please contact Dr. Eileen M. Gable, OD ext, 7312.

Come to AAO Symposium!

Going to the AAO meeting? Drs. Dominick Maino and Sandra Block invite you to come to the AAO symposium in San Diego on Thursday, Dec. 8, 2-4 p.m.

American Academy of Optometry Primary Health Care for Special Populations Symposium

A Binocular Vision, Perception and Pediatric Optometry Section and Public Health and Environmental Optometry Section Symposium

Presentations

Barriers to Health Care for those with Developmental Disabilities Dominick M. Maino, OD, MEd, FAAO Professor, Illinois College of Optometry/Illinois Eye Institute; Director, IEI/Victor C. Neumann Association Developmental Disability Service; The Fragile X Research Group, Fragile X Clinic Rush Presbyterian St. Luke's Medical Center Chicago, II.

Bringing Health Care to the Client Robert Jespersen, MD Medical Director, Victor C. Neumann Association and The Center for Developmental Disabilities at Methodist Hospital, Chicago, II.

Evaluation & Management of Major Health Care Problems in Adults with Severe Developmental Disabilities: What the Primary Eye Care Practitioner Needs to Know Philip B. May, MD Clinical Associate Professor; Director, Developmental Medicine Program, Robert Wood Johnson Medical School, New Brunswick, NJ., President, American Academy of Developmental Medicine & Dentistry.

International Vision Care for Individuals with Intellectual Disabilities Sandra Block, OD, MEd, FAAO PROFESSOR, Illinois College of Optometry/Illinois Eye Institute, Chicago, II., Olobal Clinical Advisor Special Olympics Lions Clubs International Opening Eyes, Washington, D.C

Dominick M. Maino, OD, MEd, FAAO

AAO Invitation

To everyone from ICO planning to attend Academy 2005 in San Diego: You are invited to attend an alumni reception hosted by Dr. Augsburger at the San Diego Marriott Hotel and Marina. The reception will be held Saturday, December 10th, in the Torrey 1-2 Rooms, from 6:30 - 8:00 pm.

We encourage you to invite any alumni you know to this event. For your convenience, invitation cards are available from Connie in the Alumni Office (next to the Lecture Center) to help get the word out. Please stop by and pick up a handful of invitations to distribute at Academy.

Thanks and hope to see you there!

Connie M. Pietrzak

Director of Alumni Relations and Continuing

Education

Alumni Awards

During Alumni Reunion Weekend, several of our alumni and riends were presented with Alumni Association Awards for (among other criteria) their leadership, support and commitment to ICO, the community, and the profession. The award recipients are listed below and the descriptions of their involvement and contributions are attached for your review. If you have the chance, please take a moment and congratulate them. We are grateful for their continued dedication and service. Thank you, *Connie*

Alumna of the Year Award Robin Rinearson, OD, '77

Alumnus of the Year Award
Jeff Smith, OD, MHA, MBA, '83

<u>Distinguished Alumnus Award</u> James W. Hartzell, OD, FAAO, '69

<u>Distinguished Friend Award</u> Ernest R. Sawyer

<u>Professional Achievement Award</u> Alcon Laboratories

Excellence in Education Award - Faculty
Sandra S. Block, OD, MEd, FAAO, FCOVD,
'81

Excellence in Education Award - Non-Faculty Timothy A. Wingert, OD, FAAO, '79

<u>Lifetime Service Award</u> Floyd D. Mizener, OD, DOS, PhD, '48

Weather Hotline

Call 312-949-SNOW (7669) to find out if school is closing because of the weather.



CLASSIFIEDS

Clinical Practice Experience

Suite Technicians are needed 9:00am - 5:00pm M-F in Suite 3 working with Advocate patients.

Duties will include taking patient history, vision testing, entrance tests, visual fields, etc. If you can work a minimum of 2 hours at any time and are interested please contact Joyce at 7211 or jbugno@ico.edu.

Research Assistant needed.

Activities include library research, tala entry/analysis, phone contact with research subjects and coordination with other investigators in multi-site study. Flexible hours. Contact Dr. D. Schlange at < DSchlang@ico.edu > or X7284

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Information about the following residency programs is now available in the residency program file in the Student Affairs Office:

Illinois College of Optometry

All 4th year students should have received a brochure about ICO's programs through student mail. ICO offers 7 residency programs, 2 at affiliated sites and 5 oncampus.

Affiliated programs

- Ocular Disease and Low Vision Rehabilitation (Jesse Brown Chicago VA and Hines VA Hospital)
- Refractive Surgery Co-management and Anterior Segment Disease (Davis Duehr Dean, Madison, WI)

On-campus programs

- 1. Primary Care
- 2. Pediatric Optometry and Binocular Vision
- 3. Cornea and Contact Lenses
- 4. Low Vision Rehabilitation and Ocular Disease (affiliated with the Chicago Lighthouse)
- 5. Low Vision Rehabilitation and Ocular Disease (affiliated with the Deicke Center) Students who have questions about any ICO residency programs may contact Dr. Stephanie Messner for further information.

State University of New York, State College of Optometry – Catalog of Affiliated Residency Programs. Includes information on programs in:

- 1. Cornea and Contact Lenses (SUNY)
- Family Practice Optometry (East NY Diagnostic And Treatment Center, Brooklyn)
- 3. Family Practice Optometry (US Military Academy, West Point)
- 4. Low Vision Rehabilitation (SUNY/NY Lighthouse)
- 5. Ocular Disease (SUNY)
- Ocular Disease/Primary Care (VA, Harbour Health Care System)
- 7. Pediatric Optometry (SUNY)
- 8. Primary Eye Care (SUNY)

- Primary Eye Care (VA, New Jersey Health Care System)
- Primary Eye Care/Ocular Disease (VA, Hudson Valley)
- Primary Care/Vision Therapy and Low Vision (Northport VA Medical Center)
- 12. Vision Rehabilitation (Acquired Brain Injury) and Primary Eye Care (SUNY)
- 13. Vision Therapy and Rehabilitation (SUNY)

Indiana University School of Optometry

1. Contact Lens (IU, Bloomington)

- Pediatric Optometry (IU, Bloomington/ Indianapolis)
- 3. Ocular Disease (IU, Bloomington)
- Ocular Disease (Univ. of Kentucky Dept of Ophthalmology and Vision Science, Lexington, KY)
- 5. Optometric Refractive and Ocular Surgery (Wang Vision Institute, Nashville, TN)
- 6. Ocular Disease (Huntington VAMC, WV)
- 7. Primary Eye Care (Illiana VA Healthcare, Danville, IL)

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	 4th year Case report of Alcon product 	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
Varilux Student Grant Award Program	 Third and Fourth Year Students Case Report maximum length 2000 words in printed form and computer disk Info must include name, address, email, telephone and W9 form. 	\$1,000	Submit papers to Student Affairs Office by January 6, 2006
AOA Student Leadership Award for 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Domicility in Greater Chicago al ear. Dewish student in "helping profession"	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and click on Scholarship Services. or call 312-673- 3457
AOSA - Vistakon Travel Grant	 500 word Essay Good academic standing 1 page curriculum vitae 	2-\$500 travel grants 1 - \$1,000 overall winner	Submit to SAO by March 15, 2006

Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Massage Therapy

Do you think massage therapy is just a frivolous expenditure? Think again! Studies suggest that massage therapy helps to enhance concentration, decrease anxiety, improve overall feelings of well-being, as well as many other positive health benefits. If you want to read more about the benefits of massage therapy check out http://www.holistic-online.com/massage/mas_benefits.htm

As you read about the benefits, keep in mind that massage therapy is available right here on the ICO campus!

Sharita Davis, certified massage therapist, provides table massage every other Wednesday. She'll work on you for as long as you like—anywhere from 10 minutes up to an hour or even more! Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

And with the holidays right around the corner, don't forget that massage therapy gift certificates make easy inexpensive, and always appreciated gifts for your friends and co-workers.

Sharita will be here at ICO on Wednesday December 14 from 11:30-2:30. Cost is \$10 per 10-minute session. Please call Amanda at x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Is the cold weather keeping you inside on

the couch? Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating—and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONALTE	AINERS
Greyson Barger	Box 489
Danny David	Box 508
Randy Gunia	Box 528
Donnie Hager	Box 46
★ Emily Southcott	Box 246

ye on Wellness:

Shedding Light On Winter Depression

Snow, ice, frigid temperatures, short days, and long, dreary nights are enough to make anyone feel down during the winter months. But each year an estimated 4 to 6 percent of Americans—three-quarters of them women—suffer from more than a simple case of the winter blues. They have seasonal affective disorder, or SAD, a recognized form of clinical depression.

Some symptoms of SAD are like those of other types of depression: unhappy, sleeping more than usual. having trouble concentrating, and withdrawing from others. SAD sufferers often move slowly,

carbohydrates, and gain weight. In contrast, depressed people usually lose weight, tend to feel worthless and guilty, and may even consider suicide.

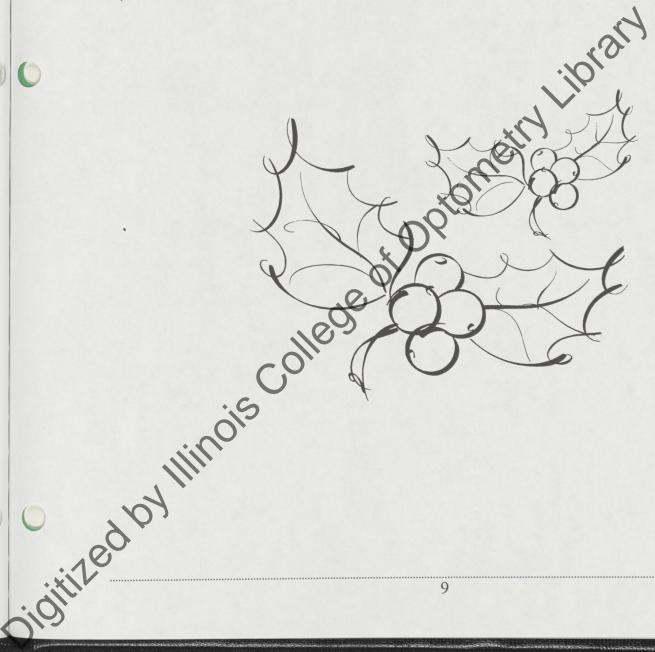
One way to determine whether your symptoms signal SAD is to consult a health-care professional, ideally someone with expertise in wintertime depression. A confidential online questionnaire at www.cet.org can help you determine if you have SAD and can try treating yourself or if you should consult a mental-health professional for treatment of regular depression.

If you do have SAD, or even if you feel a bit penned-in this time of year, try these quick fixes:

First, try spending more time outside, particularly walking an hour a day first thing in the morning. Sitting in front of a window may help, too.

If those steps don't work, consider brightlight therapy. Choose a light box that's specifically designed to treat SAD and that shines slightly down and delivers white light, not blue. Check www.websciences.org/sltbr for more information.

If you have severe symptoms or if light therapy doesn't work, causes persistent side effects, or is too risky for you, consult your physician or a mental-health professional.



Sigitized by Illinois College of Optometry Library

ICO Student Newsletter - Editor: Kathy Brownfield x7401 - December 14, 2005



Focal Point

CAMPUSNEWS



Dr. Colip's Holiday Message

This will be the last newsletter that you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that perhaps you have not had much time to relax and enjoy the beauty of the holiday season.

The holidays will hopefully present each of you with some much needed time for rest and reflection. I urge each of you to use some of that time to reflect upon your career development to this point. You each selected ICO's excellent doctoral education

program to assist you in becoming an outstanding doctor of optometry. This is accomplished in a number of ways both in and outside of the classroom. Take some time to reflect upon your personal development. Are progressing at the rate that you want? Are you getting everything possible out of your

ICO education? • Most find that what you get out of your education is directly related to the amount of effort that you have put into it. Have you been putting in maximum effort?

As that e opportunities to visit with alumni, both young and old, all reflect positively upon their years at ICO. All affirm that the program

was a great challenge. Virtually all further indicated that they wish that they had periodically stepped back and looked at the "big picture" of their overall preparation for entering practice along the way. All indicated that they wished they had done more in seeking out references to assist them in preparation for some of the really big decisions that they would face upon entering practice.

the holidays would be a good time you to begin this process and set some personal goals to fulfill upon your return to the many outstanding resources available to you during your remaining time at ICO.

In closing, let me issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of

Santa Claus.

This is a wonderful season and you should enjoy it's magic.

Best wishes to all for safe travels and happy holidays! See you next year!

Holiday Stress

Beth Karmis

People often talk about an increase in depression and anxiety during this time of the year as the Holiday Blues. The research is split about whether the phenomenon of "Holiday Blues" truly exists. One thing is clear, the winter holidays do create a heightened level of stress for most people. The catalyst for the stress is in part all the things "we have to do". Holidays can be frantic times — traveling, arranging schedules, attending and planning parties, and of course shopping. The best way to manage Holiday Stress is to have a plan in place.

Banish Perfection

So much of the stress of the holidays revolves around meeting unrealistic expectations. The perfect family, the perfect gift, the perfect gathering, the perfect menu...these are the images media projects. Few of us have TV perfect families, homes or lives. While some of us may aspire to be like Martha Stewart, acceptance of reality will enhance our holiday experience.

Plan Ahead

You may find yourself with more to do than time will allow. Time management is essential during the holiday season. Decide what the "important activities" are, create a schedule, utilize daily and weekly "to do" lists. Having some control of your time during these way weeks will help alleviate stress.

Setting Limits – BALANCE

The tendency during the holidays is toward extremes — doing too much, spending too much, eating too much... Give thought to what you need and want to do in the upcoming weeks. Not every invitation is an obligation. If you haven't already, set up a budget for yourself for holiday spending. Planning in advance for gift-giving avoids last minute overspending pitfalls. Remember that the price tag of the gift secondary to the feelings and thoughts that went into the purchase.

Maintain Health

Exercise and nutrition play key roles in reducing and managing holiday stress. Most of us are surrounded by more treats during the coming weeks. The key is moderation and making good choices. Limiting your intake of fats and refined sugars...and not forgetting healthy eating principles...will help to keep stress levels down. Nutrition impacts immune system function – during cold and flu season it is important to maintain some semblance of a healthful diet.

Exercise is one of the best ways to ward off stress. If you're not already active, get active. Look for activities during the holidays that provide opportunity to incorporate exercise – walk from the furthest parking spot to the mall, take the stairs when you can, create family traditions around exercise (i.e. a family walk after the turkey dinner). Most important, don't abandon your work-out routine during the holiday time. Require exercise is a gift you give yourself.

A word or two about Feelings of Loss

The horizan's are a time of remembering. For some people this can evoke feelings of loss crarief. This is not abnormal. Nearly always those feelings of grief are tied closely to our love for the lost person. It is important to acknowledge those feelings.

Did You Know?

Dr. Colip

Prenatal Alcohol Exposure and Infant Visual Acuity

This study examined the effects of prenatal alcohol exposure on infant visual acuity across a range of exposures and factors that mediate these effects. Infant visual acuity was examined in 131 mixed ancestry maternal-infant pairs in Cape Town, South Africa. Drinking patterns were documented by maternal reporting during pregnancy. Grating acuity was assessed with Teller Acuity Cards (TAC) at 6.5 months.

Greater average daily prenatal alcohol exposure was related to poorer acuity, as indicated by lower TAC scores. The effect of alcohol on acuity was significant primarily for infants born to mothers 30 years old at delivery, in comparison to infants born to younger mothers. This effect was not mediated by gestational age or birth size or attributable to alcohol-related neurocognitive deficits.

This study linked prenatal alcohol exposure to poorer visual acuity in infancy. The results are consistent with clinical and animal evidence of alcohol-related disruption of the visual system.

SOURCE: Carter RC, Jacobson SW, Molteno CD, et al. Effects of prenatal alcohol exposure on infant visual acuity. J Pediatrics 2005;147(4):473-79.

NOSA News

Ski Trip 2006

Just as a reminder, balances must be paid in full by Friday, December 16th. We will have a table outside of 1200 the rest of this week from 11 am-2 pm to collect any remaining balances. Payments can be made either by charging your student accounts or by check (made payable to NOSA-ICO). Even if you paid for your trip in full initially or via email, stop by the table to make sure even thing is in order. There are a couple of forms everyone must fill out.

NOSA would like to wish everyone a happy, safe, and relaxing holiday break. We look forward to seeing you all next

Student Association Upcoming Events:

Mark you calendars for Friday, January 20th: Optometry Night Live and Saturday, March 11th: Eyeball

Tech Tips

Ahmed Mohammad

Organize your workspace when working with multiple slide shows in PowerPoint (2003)

When working with multiple slide shows in PowerPoint, organizing your workspace can be a nightmare. You can resize the window of each presentation individually, but a much easier and more efficient method is to use the Arrange All feature. Simply open all the presentations you need to work with in PowerPoint, choose Window | Arrange All, and PowerPoint resizes them automatically so they all fit on your screen while using the maximum amount of workspace available.

Q. When I click on "file", I want all of my options to drop down rather than just those that I frequently use. Can someone tell me how to make this change (Word, Excel, PowerPoint?

A. Try Tools->Customize->Options. On Excel 2003 is a checkbox that says 'always show full menus'

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Library Hours During December Break

Library	Hours During	December Di
Fri.	12/16/05	7 am to 5 pm
Sat.	12/17/05	9 am to 5 pm
Sun.	12/18/05	Closed
Mon.	12/19/05	8 am to 5 pm
Tue.	12/20/05	8 am to 5 pm
Wed.	12/21/05	8 am to 5 pm
Thu.	12/22/05	Closed
Fri.	12/23/05	Closed
Sat.	12/24/05	Closed
Sun.	12/25/05	Closed
Mon	12/26/05	Closed

Tue.	12/27/05	8 am to 5 pm
Wed.	12/28/05	8 am to 5 pm
Thu.	12/29/05	8 am to 5 pm
Fri.	12/30/05	Closed
Sat.	12/31/05	Closed
Sun.	01/01/06	Closed
Mon.	01/02/06	Regular hours resume

Fun Reading

The Library has a variety of donated books in our Recreational Reading sections for Fiction (RRCF) and Non-Fiction (RRCN.) They are shelved in the carrels by the first floor computer laboratory or upstairs in the far northwest stacks on the Library's second floor. They are perfect for airport, bus, and other holiday/travel reading.

Consumer Reports

Need advice on that perfect gift or gizmo? Need a new car? The Library subscribes to Consumer Reports! There is an index in the back of each monthly issue and a cumulative 5-year index in the back of the Buying Guide that lists when each product was last covered. The most recent issue is on the serial display racks in a red cover. The Buying Guides and the most recent year are at the reserve desk. Older issues are with the rest of the periodicals on the second floor. The individual issues can be checked out for 24 hours and renewed as needed.

Audio

The Library has recordings on CD-ROM and cassettes for your listening pleasure perfect for travel or commutes. Topics liclude Kerataconus care, Perspectives on uveitis, and Advances in glaucoma care. The Library also has a few donated books on tape.

To list all the Library's audio, click on Power Search from the Library's online catalog, iLink. Scroll down and click under TYPE on "audio recordings." All of these are stored in the second floor media area.

New CD-ROMS

he Library has purchased three CD-ROMs

from the Academy of Ophthalmology as part of the LEO Clinical Update Course series:

Pediatric Ophthalmology and Strabismus

Neuro-Ophthalmology

Refractive Management/Invention

The Library also has purchased an AAO CD-ROM of PowerPoint presentations on various topics that can be used to educate the public called "Eye Over Time."

The CD-ROMs may be checked out/renewed for a week at a time.

New Poster

The Library has a new poster displayed in its lobby: "ERG, EOG, and OCT Results in a Rare Syndrome: Angle closure glaucoma, Nanophthalmos and Cystic Retinal Degeneration" by Mary Flynn Roberts, Leonard V. Messner, Kourous A. Rezaei, Neha Patel, Marianne E. Fell, and Michael A. Chaglasian. Please direct all questions to any of the authors.

Have a wonderful vacation and happy holidays! We look forward to seeing you again in the New Year!

Technology Improvements

Beginning late December and early January, workstudy students will be provided a web based training link to the new Web time sheet product that ICO is implementing. Watch your email for announcements as we move forward on the project.

Thanks, Mary

RA Applications

Due to Student Affairs, 12/16-noon

Applications must be submitted to the SAO by December 16th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!



Weather Hotline

Call 312-949-SNOW (7669) to find out if school is closing because of the weather.



CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Information about the following residency programs is now available in the residency program file in the Student Affairs Office:

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	 4th year Case report of Alcon product 	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
Varilux Student Grant Award Program	 Third and Fourth Year Students Case Report maximum length 2000 words in printed form and computer disk Info must include name, address, email, telephone and W9 form. 	\$1,000	Submit papers to Student Affairs Office by January 6 2006
AOA Student Leadership Award for 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Domicility in Greater Chicago area Jewish student in "helping orofession"	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and click on Scholarship Services. or call 312-673-3457
AOSA - Vistakon Travelill Grant	 500 word Essay Good academic standing 1 page curriculum vitae 	2-\$500 travel grants 1 - \$1,000 overall winner	Submit to SAO by March 15, 2006

The 2006 Dr. Seymour Galina Grant Third-year student in good standing with AOSA

Good academic Standing

Paper of 1,500 words

\$2,500 To Student Affairs by 4/17/06

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Massage Therapy

Do you think massage therapy is just a frivolous expenditure? Think again! Studies suggest that massage therapy helps to enhance concentration, decrease anxiety, improve overall feelings of wellbeing, as well as many other positive health benefits. If you want to read more about the benefits of massage therapy check out http://www.holistic-online.com/massage/mas-benefits.htm

As you read about the benefits, **keep in** mind that massage therapy is available right here on the ICO campus!

Sharita Davis, certified massage therapist, provides table massage every other Wednesday. She'll work on you for as long as you like—anywhere from 10 minutes up to an hour or even more! Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and io oils are used.

And with the holidays right around the corner, don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and coworkers!

Cost is \$10 per 10-minute session.

Please sall Amanda at x7460 for Sharita's holiday schedule, for further information,

o purchase a gift certificate, or to schedule an appointment.

Calling All Men!

A new display, focusing on men's health, has been posted on the bulletin board outside the men's locker room in the fitness center area. Please come by and check it out.

Free Personal Training

Is the cold weather keeping you inside on the couch? Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAINERS			
Greyson Barger	Box 489		
Danny David	Box 508		
Randy Gunia	Box 528		
Donnie Hager	Box 46		
Emily Southcott	Box 246		

Eye On Wellness:

Healthy Eggnog



Ok, so you don't drink eggnog every day. But as the holidays approach, the stuff starts showing up everywhere. So do its calories (340), saturated fat (11 grams), and cholesterol (150 mg). And that's for 1 cup, which some partygoers manage to dispose of before their coats. Not a great start for people about to dig into an

all-you-can-eat buffet of fatty dips, brie, quiche, tarts, chocolate-dipped strawberries, fruitcakes, and more.

replaces the traditional extra-fatty milk or cream and egg yolks with water, organic soybeans, and a few vitamins. Gone is the saturated fat and about half the calories. And here's the kicker: Silk Nog tastes remarkably like real, old-fashioned, honest-to-goodness eggnog. It's also creamier and silkier than fat-free eggnog (which has similar nutritional advantages). And the good news is that even if you can't find Silk Nog, try Vitasoy Holly

Nog or other varieties—they'll all be a nutritional step up from eggnog. Your waistline and your arteries will thank you for

it!

--Nutrition Action Healthletter, December 2005

Enter Silk Nog, a soy version that



Looking Ahead

The name, given to the month of 'January', is derived from the ancient Roman name 'January' who presided over the gate to the New Year. He was revered as the 'God of Gateways', 'of Doorways' and 'of the Journey' Jaten known as 'St. Januarius'. Janus protected the 'Gate of Heaven', known as the 'Lord of Beginnings', is associated with the 'Goddess Juno-Janus', and often symbolized by an image of a face that boks forwards and backwards at the same time. This symbolism can easily be associated with the month known as for many the start of a new year bodes opportunity, casting out the old and in with the new. It is the time when many reflect on events of the previous year and often resolve to redress or improve some aspect of daily life or personal philosophy.

- Mysitcal World Wide Web

:12ed 64

SCHEDULE OF FINAL EXAMS

December 2, 2005

1 28	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 65	February 11	February 13	February 14	February 15	February 16	February 17	February 18
9:00 – 11:00	BHS 107 Ocular Anatomy	BHS 263.1 Ocular Disease	CLE 262.2 Optometry 2.2	Milora	BHS 106 Histology	BHS 246 Visual Perception	BHS 120.2 Geo & Theo Optics
11:30 - 1:30		BHS 150.2 Biochemistry II	CLE 162.2 Optometry 1.1			BHS 116.2 Human Physiology	To the second se
1:45 – 3:45	CLE 376.1 Strabismus & Amblyopia	BHS 360.2 Clinical Medicine II	PH\$ 263.4 Ser & Ocular Emergencies		BHS 245 Color Vision		
2:30 – 4:30	to the second of	College					CLE 270.2 Ophthalmic Optics III
4:00 – 6:00	BHS 254.2 Pharmacology				CLE 367 Low Vision		

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE MONDAY, FEBRUARY 20 AND TUESDAY, FEBRUARY 21.

Digitized by Hinois College of Optometry Library

Signifized by Hinois College of Optometry Library



Digitized by Illinois College of Optometry Library



